

HOW · TO · COOK  
EGGS  
AND · OMELETS  
IN · 300  
DIFFERENT  
WAYS



C · HERMAN · SENN



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HOW TO COOK  
EGGS AND OMELETS



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# HOW TO COOK EGGS AND OMELETS IN 300 DIFFERENT WAYS

By

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## EGGS AS FOOD

**T**HERE is perhaps no other article of diet which is more important as a food than eggs, and few articles are served in a greater variety of ways or more largely consumed. Besides those of the domestic fowl, the eggs of the duck, the goose, the guinea fowl, the plover, the ostrich and several other birds, and the turtle, are also used for cooking purposes. Hens' eggs are, of course, the most popular, and for ordinary use are therefore most common.

Dr. Langworthy, in his article, "Eggs and their Uses," gives the following interesting information :—

"Other eggs besides those of birds are sometimes eaten. Turtle eggs are highly prized in most countries where they are abundant. They were once more commonly eaten in America than now, possibly owing to the more abundant supply in former times. The eggs of the terrapin are usually served with the flesh in some of the ways of preparing it for the table. Fish eggs, especially those of the sturgeon, are eaten in large quantities, preserved

with salt, under the name of caviare. Shad roe is also a familiar example of the use of fish eggs as food. Mention may also be made of the use of the eggs of alligators, lizards, serpents, and some insects, by races who lack the prejudices of Western nations. However, in general, the term 'eggs,' when used in connection with food topics, refers to the eggs of birds, usually domestic poultry, and is so used in this article.

“The appearance of an egg—the shell with its lining of membrane, enclosing the white and yolk—is too familiar to need any discussion. The physiological structure of the egg is perhaps less familiar. A fertile egg contains an embryo, and is at the same time a storehouse of material for the development and growth of the young individual from the embryo, until it has reached such a stage that life is possible outside the narrow limits of the shell. The embryo is situated quite close to the yolk, which furnishes the nutritive material for its early development, the white being used later.”

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## Food Value of Eggs.

The average weight of a hen's egg is about two ounces avoirdupois.

The composition of the white of an ordinary hen's egg is :—

Nitrogenous matter	20.4
Fatty matter	10.0
Mineral matter	1.6
Water	68.0

Composition of the yolk :—

Nitrogenous matter	16.0
Fatty matter	30.7
Mineral matter	1.3
Water	52.0

It will thus be seen that eggs are almost a complete food, being particularly rich in nitrogenous elements.

Dr. Parrott, in writing on the chemistry and dietetic value of eggs, states that, as compared with other articles of food, eggs contain on an average 4 per cent. less protein and 6 per cent. less fat than sirloin steak, half as much protein and one-third as much fat as cream cheese, and twice as much protein, with ten times as much fat, as oysters. Their fuel value is about two-thirds that of beef, and but one-third that of good cheese. Compared with wheat flour, eggs contain an equal amount of protein, ten times as much fat, but less than half as much fuel value. Eggs contain

practically no carbohydrates, while wheat flour contains 75 per cent.

Chemically speaking, therefore, eggs are rich in building and repair material, but do not furnish a proportionate percentage of energy. This is why it is now admitted that eggs do not furnish perfect nutrition for the adult body. It must, however, be remembered that Nature endows the digestive organs with a considerable degree of vital discretion, or power of transformation; so that both proteids and carbohydrates are to a certain extent commuted into energy, and vice versa. The white of egg is comparatively free from fat; fat, however, is found in the yolk.

The egg is a concentrated economic form of wholesome human food, which supplies at times a desirable substitute for flesh food. The cost of eggs compares most favourably with other food products, being about 25 per cent. per pound cheaper than rump steak; whilst their food value ranks as high, if not higher than meat.

## The Digestibility of Eggs.

The digestibility of eggs is about the same whether raw, lightly cooked, or thoroughly cooked. The time required to digest a cooked egg varies from 3-4 hours. This will seem incredible to those who have always been accustomed to insisting upon their eggs being "soft-boiled," or lightly cooked. Digestibility, says Dr. Parrott, however, does not imply so much the rapidity with which food leaves the stomach as the completeness of its absorbability and appropriation by the system. Experiments in this have demonstrated that a healthy stomach digests a hard-

boiled egg quite as thoroughly as a soft-boiled one; but this does not prove that the process is as quickly accomplished or that the hard-boiled egg does not compel a somewhat greater effort on the part of the digestive organs. With healthy persons the degree of cooking may therefore be made wholly a matter of taste. Any process of cooking will harden the albumen of the egg.

## To Test the Freshness of Eggs.

There is but one opinion as to this, eggs should be perfectly fresh, else they are not worth using at all.

The easiest way to ascertain the freshness of eggs is to hold the egg between the thumb and forefinger, before a strong light. If fresh it will be transparent at the centre, and the outline of the yolk should be plainly seen; when stale, it will appear cloudy and dark. Another way to test eggs is to make a solution of one part of salt and two of water. Good eggs will sink to the bottom, whilst stale ones will float.

## How to Preserve Eggs.

There are several methods of preserving eggs, and of these salt and lime has proved the most reliable. Put into a pan  $\frac{1}{2}$  lb. of salt and lime the size of an egg; boil a gallon of water and pour over hot. When cold strain it over the eggs to be preserved. The best time to preserve eggs is in April and August. Eggs thus preserved will keep good for several months.



## HOW TO COOK EGGS.

### Soft-boiled Eggs.

Place the eggs, which should be new laid, into water, which should be just below boiling point (about 165 deg. Fahrenheit). Keep the water at this temperature and allow the eggs to remain in it for 10 minutes. If so treated, eggs will be of a soft and jelly-like consistency. When required rather more cooked, allow 20 minutes, but do not let the water get to the boiling point, or if required in a hurry boil the eggs for three minutes and serve.

### Hard-boiled Eggs.

Put the eggs in cold water and bring to the boil, allow to cook fast for 10 minutes, and place them into cold water to cool, and remove the shells carefully.

### Poached Eggs.

(*Œufs pochés.*)

Use a shallow pan, and half fill it with water, add salt to taste, and the juice of half a lemon or a table-spoonful of vinegar; when boiling, break each egg carefully into a cup and slip gently into the boiling water. Allow to simmer till the white of the egg and the yolk are set; then take up each carefully with a skimmer or slice, drain and trim the edges and serve on

plain or buttered toast, cut to the desired shape. Dish up and garnish with crisp parsley.

### Poached Eggs à l'Espagnole.

Cook four ounces of washed and drained rice in half a pint of stock, add to it one ounce of fresh butter, and season to taste. Arrange a neatly shaped bed of the rice (which should be almost dry when cooked) on a hot dish, and upon it place five or six neatly trimmed poached eggs. Pour a little hot tomato sauce round the base of the dish and serve.

### Poached Eggs à la Garibaldi.

Poach carefully six to eight new-laid eggs; drain them well, and stamp out each with a round cutter. Reduce half a pint of rich béchamel, into which incorporate a table-spoonful of grated Parmesan cheese and three yolks of eggs. Mask each egg with this sauce. When set and cold, egg and crumb them twice. Fry them in deep fat, drain, and dish up on a hot dish covered with a lace paper or napkin. Garnish with fried parsley, and serve with a boat of tomato sauce.

### Poached Eggs à la Reine.

Mince rather finely half a pound or more of cold cooked chicken or turkey, freed from skin, bone, and gristle. Fry this in a little butter, and moisten with sufficient béchamel sauce to form a light salpicon. Keep hot. Poach in slightly salted water six new-laid eggs; trim them neatly. Put the mince in a round dish,

and place the eggs neatly upon top. Glaze them with liquefied meat glaze, or Lemco, and surround the dish with eight small halfmoon-shaped slices of bread fried in clarified butter. Garnish with sprigs of parsley, and serve hot.

## Poached Eggs with Spinach.

(*Œufs pochés aux Epinards.*)

Get ready the following ingredients :— Six fresh eggs, a teaspoonful of lemon juice or white vinegar, one and a half pounds of spinach, one and a-half ounces of butter, one table-spoonful of rich brown sauce, salt, pepper, nutmeg, two slices of toasted bread.

Pick and wash the spinach, put it in a copper stew-pan with very little water and cook for half an hour. Put it in a colander and drain well, squeezing out all the water. Rub the spinach through a sieve. Melt the butter in a stew-pan, put in the spinach purée, season with pepper, salt, and a pinch of grated nutmeg; moisten with the sauce and cook gently for twenty-five minutes or so. Have ready a shallow stew-pan with boiling water, slightly salted; add the vinegar or lemon juice. Break each egg carefully into a cup and gently slide into the boiling water (great care must be taken so that they do not scatter). Allow the eggs to cook until perfectly set, but without allowing the yolks to get hard. Have the spinach dressed neatly on a hot dish; take up each egg by means of a slice or small skimmer; trim each a little and place on the spinach. Pour a little demi-glaze sauce or gravy round the dish; garnish with sippets of toasted bread and serve immediately.



## Poached Eggs à la Provençale.

(*Œufs pochés à la Provençale.*)

Peel and slice three small onions, fry them to a nice light brown colour in an ounce of butter, drain off the butter and add a sliced and peeled ripe tomato, six chopped mushrooms, and a teaspoonful of chopped parsley; moisten with a little brown sauce, and keep simmering for a few minutes. Season with salt and pepper and keep hot.

Poach carefully six to eight fresh eggs, as directed on p. 16. Prepare six to eight rounds of toasted or fried bread, about the size of the eggs; butter them and spread them thickly with the onion purée; place a poached egg on each round of bread. Dish up, pour a little hot brown sauce over the eggs, and serve hot.

## Poached Eggs in White Wine.

(*Œufs pochés au vin blanc.*)

Poach carefully six to eight eggs in slightly salted water, flavoured with white wine (Chablis or Sauterne) and a few drops of lemon juice. Have ready as many fried bread croûtons as there are poached eggs. Take up the eggs, trim them neatly, and place them on the croûtons, then dish up. Have ready a sauce prepared with one gill of reduced white wine, an ounce and a half of meat glaze, and one ounce of butter; the latter must be whisked in in very small quantities, and must *not* boil. Season with a good pinch of cayenne or Krona pepper. Mask the eggs with the sauce, which must be thick enough to coat them nicely, sprinkle a little chopped parsley over each egg, and serve.

## Eggs with Nouilles à la Carola.

Prepare some nouille paste (p. 128), cut it into very thin strips, and blanch in salted water for three minutes ; drain and toss in butter. Season with nutmeg and pepper, and put some on a buttered fire-proof dish. Upon this range a layer of slices of hard-boiled eggs, then a layer of nouilles, and lastly a layer of fresh mushrooms, seasoned and tossed in butter. Dredge well with grated cheese. Cover with a well-reduced béchamel sauce. Sprinkle over some grated cheese and a little oiled butter. Bake in a sharp oven for ten minutes.

## Poached Eggs, Imperial style.

*(Œufs pochés à l'Impériale.)*

Poach six to eight fresh eggs, and trim them neatly. Drain them on a sieve and let cool. Fill as many preserved artichoke bottoms, slightly hollowed out, with some reduced and seasoned tomato pulp. Upon this place slices of ripe vegetables. Coat the eggs with prepared remoulade sauce, and dress them upon the tomato slices. Sprinkle over some finely-cut strips of tongue and chopped parsley. Dish up, garnish with crisp parsley, and serve.

## Poached Eggs in Potatoes.

*(Œufs pochés à la Suzette.)*

Get ready the following ingredients :—Four large oval even-sized potatoes, half a gill of well-reduced béchamel sauce (p. 129), one ounce grated Parmesan cheese, half an ounce of Gorgona cheese (grated),

eight small poached eggs, a table-spoonful of "Panurette" or brown bread crumbs seasoning.

Wash and scrub the potatoes, and bake them in a fairly sharp oven till tender. Cut them in halves lengthways with a sharp knife, and scoop out the soft part by means of a dessert-spoon. Incorporate the grated Parmesan cheese into the béchamel sauce. Rub half of the potato purée obtained through a sieve and mix with a little béchamel sauce, etc.; season with salt and pepper, and line the shells of potatoes with this; then put in a layer of sauce, and upon this place a neatly-trimmed poached egg. Sauce over carefully with more béchamel, sprinkle freely with grated Gruyère cheese, a pinch or two of Paprika pepper, and some fried breadcrumbs. Place them on a buttered baking tin or sauté-pan and brown in a hot oven or under the salamander. Dish up on a hot dish, covered with a folded napkin, and serve at once.

## Poached Eggs with Shrimp Sauce.

*(Œufs pochés sauce crevettes.)*

Poach the required number of eggs, trim them or stamp out, and place each on a round of toasted buttered bread. Dish up neatly on a hot dish, and pour over each a hot rich white sauce mixed with sufficient shrimp paste to taste, and a few drops of anchovy essence.

## Poached Eggs with Tongue.

*(Œufs pochés à l'Ecarlate.)*

Take six new-laid eggs, six slices of cooked ox-tongue, one gill gravy or rich brown stock, one small glass of sherry or



Marsala, salt, pepper, lemon juice, one and a half gills of rich béchamel sauce (p. 129).

Poach the eggs in boiling water, slightly salted and flavoured with lemon juice. Cut the slices of tongue into neat shapes, about the size of the egg, when poached. Chop the trimmings of tongue very finely. Put the slices of tongue in a sauté-pan with the gravy and wine, and heat up thoroughly. Take up the eggs, drain and trim them; place each upon a slice of tongue and arrange on a hot dish; season with salt and pepper, sauce over carefully with hot white or brown sauce. Put a little chopped tongue in the centre of each egg, and serve hot.

### Poached Eggs à la Rémoulade.

Poach six or seven small eggs, dress them on artichoke bottoms; garnish with vegetable macédoine and julienne strips of tongue and tomatoes; sauce over with cold rémoulade sauce or mayonnaise mixed with chopped gherkins, capers, and tomato pulp.

### Poached Eggs in Savoury Jelly.

*(Œufs pochés en aspic.)*

Poach the required number of new-laid eggs in salted water containing a little lemon juice or vinegar. Stamp out each egg neatly and let cool on a cloth or a sieve. Mask the inside of a number of china or silver-plated cocotte or ramakin cases with clear aspic jelly, and place one egg in each; mask or coat the surface with aspic, then decorate the top neatly with thinly-cut slices of truffle and chervil

leaves. When the decoration is set, pour over a layer of aspic. Place the filled cases on the ice till required, then dish up and serve.

## Scrambled Eggs.

(*Œufs brouillés.*)

Beat up four or five fresh eggs, add a table-spoonful of milk or cream and a table-spoonful of rich gravy, pour this into a saucepan, add an ounce of fresh butter, and stir over the fire until the eggs begin to set. Have ready two slices of toasted and buttered bread, place them in a hot dish, and pour the egg mixture upon them. Serve hot.

## Scrambled Eggs (another way).

(*Œufs brouillés.*)

Beat up four fresh eggs and add to them two table-spoonfuls of cream and two table-spoonfuls of stock, season to taste with salt, pepper and a grate of nutmeg. Pour this into an enamelled saucepan or fireproof earthenware pan, add half an ounce of fresh butter and stir over a moderate fire till the eggs just begin to set and are of a cream-like appearance. Have ready some squares of toasted and buttered bread, pour over the eggs, and serve hot.

## Scrambled Eggs with Rice.

(*Œufs brouillés au riz.*)

Fry three table-spoonfuls of cooked rice in an ounce of butter, add to it four well-beaten eggs and a table-spoonful of cream, season to taste, and stir in a stew-pan over the fire till the eggs thicken.

Dish up on rounds of buttered toast, pour a little brown or tomato sauce round the base of the dish, and serve.

## Scrambled Eggs with Herbs.

*(Œufs brouillés aux fines herbes.)*

Add to four beaten eggs and one table-spoonful of cream one dessert-spoonful of finely chopped parsley, chervil, and chives, also three to four chopped preserved mushrooms, season with salt and pepper, cook and serve as directed for scrambled eggs.

## Scrambled Eggs with Mushrooms.

*(Œufs brouillés aux champignons.)*

Get ready the following ingredients :— Five eggs, two ounces fresh butter, six to eight preserved mushrooms, a table-spoonful of cream, salt and pepper, two rounds of toasted bread.

Break the eggs into a basin, season with pepper and salt, beat up well and add the cream, and the mushrooms (chopped finely), melt the butter in a stew-pan, pour in the mixture of eggs, cream, etc., and stir over the fire till the eggs begin to set. Have ready the toasted bread, well buttered, on a hot dish, pour the prepared eggs over the toast and serve hot. Great care must be exercised not to over-cook nor under-cook the mixture, otherwise the dish will be spoilt. A few thin slices of streaky bacon, nicely fried, served round this dish will be found a great improvement,

## Scrambled Eggs with Salmon.

*(Œufs brouillés au Sammon.)*

Remove the skin and bones from about four ounces of cooked salmon and flake finely ; fry this in an ounce of butter, and pour in four well-beaten and seasoned eggs ; stir the whole over the fire till the eggs thicken or begin to set, then dish up and place six thinly-cut slices of frizzled bacon on top. Serve hot.

*Note.*—In place of salmon, any other kind of cooked fish may be used ; smoked haddock is particularly nice done this way.

## Scrambled Eggs with Cèpes.

*(Œufs brouillés aux cèpes.)*

Proceed the same as directed for scrambled eggs, adding six to eight preserved cèpes (a species of mushrooms), finely chopped, before scrambling the eggs.

## Scrambled Eggs with Tomato.

*(Œufs brouillés aux tomates.)*

Toss in butter two small, ripe, peeled and sliced tomatoes, then pour in the seasoned egg mixture and proceed the same as directed for scrambled eggs.

## Scrambled Eggs with Peas.

*(Œufs brouillés aux petits pois.)*

Adopt one of the formulæ for scrambled eggs, and when the eggs begin to set add half a gill of cooked green peas, well drained and tossed in a little fresh butter, and seasoned with salt, pepper, and a pinch of sugar. Mix well and serve on rounds of buttered toast.



## Scrambled Eggs with Asparagus Tips.

*(Œufs brouillés aux pointes d'asperges.)*

Proceed the same as explained in the foregoing recipe, but use cooked asparagus tips in place of green peas.

## Scrambled Eggs with Ham.

*(Œufs brouillés au jambon.)*

Fry in an ounce of butter two ounces of chopped lean ham (cooked or raw), pour in the egg mixture (same as for scrambled eggs), stir over the fire till just setting, then dish up on croûtons of bread, fried or toasted, garnish with sprigs of parsley, and serve.

## Scrambled Eggs with Tongue.

*(Œufs brouillés à l'Ecarlate.)*

Proceed the same as directed in the preceding recipe, but substitute for the ham cooked ox-tongue, which must be fried very lightly.

## Scrambled Eggs in Cases.

*(Œufs brouillés en caisses.)*

Scramble four eggs the same as directed for scrambled eggs with herbs (see p. 24). Fill the cooked mixture into small china or paper ramakin cases (buttered), insert a tiny sprig of parsley on top of each, dish up and serve.

## Buttered Eggs.

Break four fresh eggs into a basin, add sufficient salt and pepper to taste, beat

up with a fork, so as to thoroughly mix the whites with the yolks, put one and a half ounces of butter into a small stew-pan, add the eggs and a table-spoonful of milk, stir over the fire until the mixture begins to thicken and is hot through (it must not on any account be allowed to boil). Have ready a slice of hot buttered toast, put this on a hot dish or plate. Put the egg mixture on to this, garnish with a few sprigs of parsley, or sprinkle over with chopped parsley, and serve quickly.

## Buttered Eggs with Anchovies.

*(Œufs brouillés aux anchois.)*

Take six eggs, one teaspoonful anchovy essence, one and a half ounces butter, two table-spoonfuls cream, six Gorgona anchovies, a pinch of cayenne pepper and salt, toasted slices of bread.

Wipe the anchovies with a damp cloth, remove the fillets, and cut into strips. Cut the toast in oblong slices about three inches long and two inches broad, and butter them. Beat up the eggs; put them, together with the anchovy essence, an ounce of butter, and the cream, in a small stew-pan; add a pinch of cayenne, and salt to taste. Stir over the fire until the mixture begins to set; put an equal quantity on the buttered side of each piece of toast, and lay the strips of anchovies across each in the shape of lattice-work. Place a caper in each cavity, dish up, put the dish in the oven for a few minutes, garnish with sprigs of parsley, and serve hot.

## Buttered Eggs with Truffles.

(*Œufs brouillés aux Truffles.*)

Get ready the following :—Six eggs, one and a half ounces butter, one large truffle, half a glass Marsala, salt, pepper, nutmeg, and a small slice of toasted bread.

Cut the truffle into fine shreds ; put in a stew-pan with the wine and a tiny piece of butter ; cover and reduce the liquid to about half its quantity. Break the eggs into a basin ; season with salt, pepper, and a pinch of grated nutmeg ; mix thoroughly. Melt the butter in a stew-pan, pour in the eggs, stir over the fire until the mixture begins to set ; then add the truffle, etc., quickly. Mix well together ; stir over the fire for another minute ; then turn on a hot dish on a slice of buttered toast ; dress in a heap, garnish with a few sippets of toast, and serve.

## Almond Eggs, Moulded.

Butter six to eight small bouche or cup moulds and scatter the bottom with shreds of almonds, previously peeled and baked to a fawn colour. Break a fresh egg into each, season with salt, pepper, and a tiny grate of nutmeg, and sprinkle over each some chopped baked almonds. Bake in the oven till just set, then turn out on small round croûtons of fried bread, and dish up. Pour a nicely seasoned tomato or demi-glacé or Madère sauce round the base of the dish and serve.

## Egg Croustades.

Prepare a salpicon of eggs as described on p. 41, and fill with it some small croustade cases made of rice, potato,

semolina or bread ; when filled place them in a hot oven for a few minutes, then dish up, garnish with fried parsley, and serve.

## Egg Pie.

Peel five to six hard-boiled eggs and cut them into slices. Melt an ounce of butter in a stew-pan, stir in a table-spoonful of flour, and cook a little ; moisten with one and a half gills of milk, and let boil for five minutes, stirring all the time. Stir in a teaspoonful of chopped parsley, season to taste with salt and pepper, and keep hot. Fill a buttered pie-dish with alternate layers of slices of eggs, sauce, and bread-crumbs, and when full pour over enough white sauce to cover. Sprinkle over with breadcrumbs, place a few tiny bits of butter on top, and bake for fifteen minutes in a moderately heated oven. Serve hot.

## Eggs à la Turque.

Break six to eight eggs into a basin, season with pepper and salt and a teaspoonful of chopped parsley. Whisk them well and stir into a stew-pan containing an ounce of melted butter ; stir over the fire till the eggs are set enough to be turned out, then dress them in the form of a border on a hot round dish. Have ready a sauté of chicken livers (finely sliced and tossed in butter, flavoured with shallot and parsley, and suitably seasoned) ; put these in the centre of the dish, pour some hot tomato sauce (p. 130) round the base of the dish, and send to table immediately.



## Eggs à la Coquette.

Take six to eight new-laid eggs, one ounce butter, about half a gill cream, three ounces lean ham or tongue, salt, cayenne, and nutmeg.

Procure six to eight small china soufflé cases; butter them well; put a small piece of butter in each of them, also a table-spoonful of cream, a pinch of salt, and a little grated nutmeg; place them on a baking-sheet in a hot oven or on the top of the stove. When the contents commence to simmer break carefully into each one egg; put a tiny pinch of cayenne pepper in the centre of each yolk; put back on the stove or in the oven, and allow the eggs to set lightly. Have ready the ham or tongue finely chopped, sprinkle over the white part, so as to leave the yolks free; serve hot.

## Eggs à la Marigny.

Scald and peel four to six ripe tomatoes, cut them into slices, and toss them in an ounce of butter in a sauté-pan over a moderate fire. Season to taste with salt and pepper, cover, and let stew gently for about twenty minutes. Put the prepared tomatoes in an oblong dish, and carefully break on top four fresh eggs; place the dish carefully in a hot oven long enough to set the eggs, then sauce over the white part of the eggs with a well-flavoured lobster sauce. Put a tiny pinch of Paprika in the centre of each egg yolk, and send to table at once.

## Eggs à la Courtet (Cold).

Cut some even-sized ripe tomatoes in

halves, scoop out the interior carefully, and fill with scrambled egg, nicely seasoned. When cold, mask carefully with a stiff mayonnaise and a thin layer of aspic jelly. Dish up in a circle and garnish with slices of gherkins and pickled beetroot cut into fanciful shapes; fill the centre of the dish with lettuce and tomatoes cut into julienne strips, suitably seasoned with an oil and vinegar or mayonnaise dressing. Serve cold.

### Eggs à la Gagnor (Cold).

Shell five hard-boiled eggs, cut them in halves crossways, cut a small piece off the end of each to make them stand, remove the yolk and fill the cavities with Russian caviare. Pound the yolks and mix with an ounce of fresh butter, a pinch of cayenne or Paprika pepper, rub it through a sieve, and put it in a forcing bag with a fancy tube. Decorate each half of egg tastefully with the butter, etc., place them on small croûtons of fried bread, fixed on with a little of the purée. Dish up, and garnish with fancifully cut slices of lemon and parsley.

### Eggs à la Mornay.

Butter a fireproof or gratin dish, and place in it six hard-boiled eggs, cut into thick slices. Season with salt, pepper and a grate of nutmeg. Mix a gill of béchamel sauce with an ounce of grated Parmesan cheese, pour this over the eggs, and besprinkle the top with grated cheese. Place here and there small bits of fresh butter, using about a pat for this. Put the dish in a very hot oven to brown the top, which

should be of a pale brown colour when done. Send the dish to table, and serve very hot.

### Eggs à la Tomate.

Proceed as directed in the preceding recipe, using slices of hard-boiled eggs and slices of peeled tomatoes. Season to taste and pour over half a gill of rich tomato sauce. Besprinkle with grated cheese and oiled butter, then bake in a sharp oven, to brown the top, and serve.

### Eggs à la Pasqual.

Poach six small eggs in seasoned milk, trim, drain and mask them when cold with white chaud-froid sauce ; dress them in a nest made of baked nouilles, and serve.

### Eggs à la Marianne.

Prepare a purée of green peas, to which add a little cream and the needful seasoning ; with this purée make a neat border on a well-buttered "gratin dish," put one or two table-spoonfuls of cream in the dish, and upon this break carefully four or five fresh eggs. Season to taste with salt and pepper, and cook in the oven just long enough to set the eggs, then serve at once.

### Eggs au Paprika.

Mix a pound of hot mashed potatoes with two yolks of eggs and one ounce of butter, season with salt and pepper, then put the mixture into a forcing bag and shape a number of rounds with border the size of a large dariole mould. Bake in a fairly



hot oven. Butter the required number of plain dariole moulds, besprinkle the inside of each with finely chopped chives or parsley, then break an egg in each, and put a tiny piece of butter or a teaspoonful of cream on top of each egg. Poach the darioles carefully in the oven for about ten minutes, then unmould the shapes and put each on the prepared baked potato border. Place them on a hot dish, put a little finely grated horse-radish on top of each, pour over some hot Paprika sauce, and send to table immediately.

### Eggs à l'Indienne.

Prepare an onion purée, same as directed for Eggs à la Soubise (see p. 84). Add to it a level dessert-spoonful of curry powder mixed with a little cream, and let the sauce simmer gently for another ten minutes. Poach in seasoned milk six fresh eggs, drain and trim them neatly; put the onion purée in a dish and range the eggs on top; garnish with sippets of toasted or fried bread, and serve with a small dish of plainly cooked rice.

### Curried Eggs.

Boil four eggs till hard, remove the shells, cut two into eight parts, and chop up the others not too finely. Fry half a small onion in an ounce of butter to a golden brown, add one dessert-spoonful of curry powder, and moisten with half a pint of rich stock; add also half a minced apple (small), or a few chopped green gooseberries. Cook for twenty minutes, and strain, then put in the chopped eggs. Season to taste, and heat up thoroughly.

Place a border of cooked rice on a round dish, put the curry in the centre, and arrange the remaining two hard-boiled eggs, cut in sections, round it. Serve hot.

### Eggs à la Bombay.

Cook the required number of new-laid eggs till soft (not hard), and shell them carefully. Put in a dish a bed of savoury rice, flavoured with a little curry paste or powder. Upon this place the eggs, pour over some hot curry sauce, and serve hot.

### Eggs à l'Orientale (Cold).

Shell four hard-boiled eggs, fry half a small onion, minced finely, in half an ounce of butter, then add to it a dessert-spoonful of curry powder and a gill of stock, and let all simmer for fifteen minutes. Add a dessert-spoonful of Bengal Club or other good chutney, mix it well, and rub through a sieve. Cut the eggs in halves and take out the yolks ; cut off a little of the bottom of each part of the whites to make them stand. Put the yolks into the mortar with the curry purée, pound and mix thoroughly. When mixed fill up the whites of the eggs with it, piled up high, and insert a tiny sprig of watercress in each. Dish them up on a bed of nicely seasoned small salad, and serve.

### Eggs à la Villeroi.

Poach six to eight small eggs in seasoned stock or milk ; take up, drain, and trim neatly, then put them on a wire tray and coat them well with thick Hollandaise sauce ; dip in breadcrumbs and let set. Next egg and crumb them and fry in hot fat. Dish up and serve with tomato sauce.

## Fricassee of Eggs.

(*Fricassée d'œufs.*)

This dish can be made in three ways—by steaming the yolks and whites of eggs separately and cutting them out into cubes, dice, or other shapes ; by slicing three or four hard-boiled eggs ; or by poaching small eggs in stock or seasoned milk. In each case the eggs must be heated up in a rich white sauce and allowed to simmer for a short time. Season with salt, pepper, and very little nutmeg. Use béchamel, suprême, or velouté sauce for this purpose.

## Fricassee of Eggs (another way).

Boil six eggs for twelve minutes, lay them in cold water, take off the shells, cut them in halves crosswise, take out the yolks for garnish. Peel a shallot and chop finely. Melt an ounce of butter in a stew-pan, add the shallot, and fry a golden colour. Add half a gill of béchamel sauce, let it come to a boil, mix in one gill of cream ; when hot put in the whites of eggs, and season to taste. Stir gently, or better, shake the pan so as not to break the slices, and keep on the fire until hot. Warm up the yolks in a little thin white sauce, dress them in the centre of a dish, put the whites neatly round the yolks, sprinkle over with chopped parsley, and garnish with a few croûtons of fried bread.

## Fricassee of Eggs with Mushrooms.

Remove the stems from six fresh cup mushrooms, peel and wash the latter, then drain them, and cut them into dice-



shaped pieces. Next toss them, i.e. fry them lightly in half an ounce of butter, season with salt and pepper, and keep hot. Peel five hard-boiled eggs and cut them into dice. Prepare about three-quarters of a pint of béchamel or other good white sauce, and add to it a little cream. Put it into a shallow pan and heat it up, then add the eggs and mushrooms, season to taste, adding a grate of nutmeg and a tiny pinch of cayenne or Nepaul pepper. Let it get thoroughly hot whilst stirring, care being taken not to break up the eggs. Put the preparation in a deep round dish, decorate or garnish the top with thinly-cut strips of Spanish pimiento, and send to table hot.

### Eggs à la Belloy (Cold).

These are hard-boiled eggs cut in halves, yolks removed, and the whites filled with a salpicon composed of chopped truffle and lobster, and stiff mayonnaise. Dish up on croûtons of fried bread, and garnish with creamed anchovy butter.

### Eggs en Banquettes.

Line some little oval tartlet moulds with nouille paste crust (see p. 128), bake them and fill with chopped hard-boiled egg, mushrooms, parsley, grated cheese, mixed with white sauce. Bake for ten minutes in a sharp oven, and serve.

### Eggs à la Cosmopolite.

Poach six small fresh eggs and trim and drain them carefully. Egg and crumb and fry them in olive oil or clarified butter. Insert a slice of truffle in centre of each; and serve with demi-glace sauce.

### Eggs à l'Eugénie.

These are composed of small peeled cup mushrooms, scooped out, tossed in butter, then filled with a mixture of smoked finely shredded salmon, truffles, and foie-gras, heated up in Hollandaise sauce. Place a poached egg on top of each, decorate with lobster coral and truffle ; reheat and serve hot.

### Eggs à la Florentine.

These are poached eggs placed into small baked paste croûstades lined with spinach purée, sauced over with Mornay sauce, and browned in a sharp oven or under the salamander.

### Eggs à la St. Germain (Cold).

Shell four hard-boiled eggs ; cut in halves and remove the yolks ; rub through a sieve and mix with mayonnaise and chopped shrimps ; refill the eggs and dress them on a bed of chopped aspic, with a bearded oyster on top of each egg.

### Eggs à la Gourmet.

These are halves of hard-boiled eggs stuffed with crayfish tails, chopped truffles, and smoked salmon, mixed with rich anchovy sauce, and baked for a few minutes.

### Eggs à la Grand Duc.

Scramble four fresh eggs, put this neatly on small croûtons of fried bread, sauce over with rich béchamel mixed with reduced tomato pulp, garnish with asparagus tips and shredded truffles. Dish up neatly and serve hot.



## Eggs à la Granville.

Shred coarsely four hard-boiled eggs; heat them up in a little brown onion sauce, flavoured with finely chopped gherkins and lemon rind; dish up neatly and serve hot.

## Eggs à la mode de Caen.

Slice four hard-boiled eggs, cook them in a rich white cream sauce, with slices of Spanish onion (previously cooked in milk and stock); dish up and serve.

## Eggs à la Carême.

Shell four hard-boiled eggs, cut them in halves, remove the yolks, and stuff with a mixture composed of fried chopped shallots, parsley, sorrel, and yolks of eggs. Bake them for five minutes, dish up, and serve.

## Eggs à la Pacha.

Slice four to five hard-boiled eggs, mix with mushroom heads, and heat up carefully in tomato sauce (p. 130); arrange a rice border on a hot dish and put the egg mixture in the centre; serve hot.

## Eggs with Cucumber.

*(Œufs aux concombres.)*

Peel thinly a large-sized cucumber, cut off the ends, and divide the rest into 1½ in. to 2 in. pieces. Take a column cutter and stamp out carefully the centre portion of each piece of cucumber. Place them in a buttered sauté-pan with a little stock; cover with a buttered paper and cook in the oven till just tender. Great care must be taken so as not to break the shapes.

Beat up three eggs, add to this a table-spoonful of tomato pulp and half an ounce of butter ; season nicely and stir over the fire till creamy and just set. Place the cucumber shapes on a hot dish and fill the cavities with the prepared eggs. Sauce over with tomato sauce, and serve hot.

## Creamed Eggs with Mushrooms.

*(Œufs aux champignons.)*

Beat together five eggs, season them with salt and pepper, add two table-spoonfuls of cream and half an ounce of butter. Stir over the fire in a fireproof casserole till nearly set, then add twelve finely chopped or sliced mushrooms (previously tossed in butter), and a little chopped parsley. Continue to stir the mixture over the fire for another minute or two, then dish up on buttered pieces of toast and serve.

## Eggs à la St. Cloud.

Cut four hard-boiled eggs into slices about half an inch thick remove the yolks and place the whites carefully on to small rounds of toasted bread, or plain milk biscuits ; fill the cavities with a salpicon composed of dice-shaped pieces of gherkin, fillets of herring (marinated) and stoned olives, seasoned with mayonnaise sauce. Arrange this neatly and put a small round of Spanish pimiento or half a red radish on top of each. Dish up, garnish with sprigs of fresh parsley, and serve cold.

## Eggs à la Richelieu.

Select four even-sized (but not too large) ripe tomatoes, remove the stems

and cut each in halves crossways ; remove the core and pips, and fry them lightly in an ounce of butter in a sauté or frying-pan. Cut out some rounds of buttered toast to a little larger than the tomatoes. Beat up three eggs in a stew-pan, add to it a table-spoonful of cream, some chopped pimientos (about a table-spoonful) and half an ounce of butter ; season to taste, and stir over the fire till creamy and just setting. Place each half tomato on a round of toast, fill the tomato with the egg mixture, dish up, garnish with parsley, and serve.

### Eggs à la Santos (Cold).

Shell four hard-boiled eggs and cut them in halves lengthways. Cut four ripe tomatoes in halves, put them on a baking tin and bake them in the oven until they are just tender, then let them get cool, arrange them in a row on a dish, and season with salt and pepper. Place half an egg cut side downwards on each tomato. Flavour some mayonnaise sauce with a little tarragon vinegar, and coat the eggs and tomato smoothly with it. Decorate the dish with pimiento and beetroot cut in small fancy slices, garnish the base of the dish with chopped aspic jelly, and serve.

### Scalloped Eggs with Spinach.

*(Côtelettes d'œufs aux Epinards.)*

Pick and wash a pound of spinach, and cook it with very little salted water till tender, then drain, press well, and chop finely, or pass it through a sieve ; season nicely and reheat with a little cream or butter. Poach six or seven eggs as directed



on p. 16. Butter the same number of scallop shells and put a table-spoonful of spinach in each ; upon this place a poached egg and spread over with more spinach. Sprinkle the top with grated cheese and breadcrumbs ; place here and there a tiny piece of butter, and bake in a hot oven or brown under a salamander for a few minutes. Dish up, garnish with parsley, and serve.

### Eggs à la Coque en Surprise.

For this dish fresh eggs are carefully emptied, and refilled with scrambled egg mixture, blended, when cold, with Mayonnaise (p. 128). Dish them neatly on a bed of crisp cress, and serve cold.

### Salpicon of Eggs.

Separate the yolks and whites of three eggs, beat up the former with a little cream, and poach each separately in buttered moulds or cups. When firm and cooled, turn out and cut into cube shapes, dice or julienne strips. Put these into a small stew-pan and add six sliced preserve mushrooms, one large truffle cut in small dice or strips, and a slice of tongue or ham cut similarly. Heat up in a little well-seasoned béchamel sauce. Dish up, when quite hot, on a round or oval dish, garnish the salpicon with triangular slices of toasted or fried bread, and serve.

### Egg Patties.

*(Petits Pâtés aux œufs.)*

For this a salpicon as described in the preceding recipe may be prepared, or plain



hard-boiled eggs can be cut into dice or strips, in place of the custard; the truffle, ham, or tongue may, if liked, be added, in which case use rather less mushrooms. Have ready some small puff-paste patty cases, fill them with the salpicon, place the lid on each, dish up, reheat, then garnish with sprigs of parsley, and serve.

### Egg Bouchées.

Cut three hard-boiled eggs into small dice or slice them and chop rather coarsely. Chop also six preserved mushrooms and, if liked, a truffle. Mix these all together carefully, and moisten with a little well-reduced and seasoned béchamel sauce. Keep the mixture hot in a bain-marie until required. Have ready some small puff-paste bouchée cases, and fill them with the above preparation, put the lid on each, reheat in the oven. Dish up, and garnish with sprigs of parsley. Serve hot.

### Egg and Oyster Bouchées.

Cut the whites of three hard-boiled eggs into small strips or dice. Rub the yolks through a sieve, and mix with about half a pint of well-seasoned white sauce. Blanch and beard six or more oysters and cut each into four. Put these with the oyster liquor and the egg white into the prepared sauce, then reheat without letting it actually boil, and season to taste. Fill some hot puff-paste bouchée cases with the mixture, dish up neatly, and serve hot.

## Egg Cannelons.

(*Cannelons d'œufs.*)

Cut six to eight hard-boiled eggs in halves, remove the yolks, and rub them through a sieve. Chop the whites finely. Soak a crustless roll of milk bread (cut up very small) in milk, then squeeze it well, and mash up finely. Mix this with the eggs (yolk and white), and add enough béchamel sauce to bind the mixture. Divide it up into small even-sized portions, shape each into a roll, then egg and crumb them carefully, and fry in hot fat. Drain, dish up, garnish with sprigs of fresh or fried parsley, and serve hot.

## Egg Cutlets.

(*Côtelettes aux œufs.*)

Boil four eggs till hard (allow ten minutes), cool them and remove the shell, then chop them, not too finely. Chop likewise, but rather finer, two ounces of cooked bacon or ham, and about a dessert-spoonful of parsley.

Prepare a white sauce with 1 oz. butter,  $\frac{3}{4}$  oz. of flour, stirred in and cooked slightly, then add a gill of milk, full measure. Cook it for a few minutes and stirring all the time to prevent lumps forming. Now add the above-named ingredients, mix well and season with salt, pepper and a grate of nutmeg. Spread on to a dish and let cool.

Divide the mixture into eight or nine portions and shape each into a cutlet. Egg and crumb them carefully, and fry them in deep hot fat. Drain well, insert a small piece of macaroni at the end of each cutlet, to represent the bones. Dish up, garnish with fried parsley, and serve.

## Egg Cutlets with Spinach.

*(Côtelettes d'œufs aux Epinards.)*

Take four hard-boiled eggs, two raw eggs, half a pint of béchamel sauce, three ounces lean ham, six mushrooms, one tea-spoonful chopped parsley, one pound cooked spinach, one ounce butter, one table-spoonful cream, salt, pepper, nutmeg, two shallots, mashed potatoes for border, breadcrumbs, frying fat to fry.

Reduce the sauce to about  $1\frac{1}{2}$  gills, chop coarsely the hard-boiled eggs, ham, and mushrooms. Stir two raw yolks of eggs into the sauce, let it bind without boiling; then add the chopped eggs, ham, mushrooms and parsley; season to taste with pepper, salt and nutmeg. Spread on a dish or plate and let cool. Pass the spinach through a sieve, peel and chop the shallot, and fry in the butter to a golden colour, put in the spinach, then season to taste. Mix the cream with a little flour and stir into the spinach and cook for ten minutes. Shape the egg-mixture into neat cutlets, then egg and crumb them. Fry in hot fat, drain, dish up on a border of potatoes on a hot dish, fill the centre with the prepared spinach, and serve.

## Egg Fritters à la Milanaise.

*(Beignets d'œufs à la Milanaise.)*

Cut four hard-boiled eggs into halves lengthwise, and carefully remove the yolks. Melt half an ounce of butter in a stew-pan, and add half-ounce of flour; moisten with half a gill white stock or milk, stir till it thickens; then add one raw egg-yolk and allow to bind. Incorporate one ounce of



chopped lean ham or tongue and four ounces chopped cooked chicken or veal, one teaspoonful finely chopped parsley, one small shallot, chopped and fried in butter, lemon juice, pepper, salt, and the yolks of the hard-boiled eggs. Fill up each white with this, egg and crumb them carefully, and fry in hot clarified butter. Dish up, garnish with fried parsley, and serve with a rich tomato sauce.

### Egg Kromeskis.

(*Cromesquis d'œufs.*)

Take three hard-boiled eggs, half a gill of béchamel sauce, half an ounce of chopped ox tongue, frying batter, two raw yolks of eggs, half a teaspoonful finely chopped truffle, five thin pancakes (unsweetened), frying fat, seasoning.

Peel the eggs, cut them into slices and chop rather coarsely, put them in a stew-pan, moisten with the sauce and the egg-yolks, season to taste with salt, pepper and nutmeg, stir over the fire till hot, and add the truffles and tongue; mix well, and turn on to a plate to cool. Shape into even-sized corks, wrap each in a square piece of pancake, dip into frying batter, and fry in hot fat. Drain, dish up on a folded napkin, and garnish with crisp parsley.

### Egg Coquilles with Spinach.

(*Coquilles d'œufs aux Epinards.*)

Butter the inside of eight china coquille moulds or else ordinary soufflé cases, put a table-spoonful of prepared and seasoned spinach in each; upon this put about a dessert-spoonful of cream. Break a fresh egg, season with pepper and salt, place



the cases on a baking sheet and bake in a moderately heated oven for about eight minutes. Dish up, and serve quickly.

### Eggs à l'Africaine.

Cook four ounces of rice, previously washed and drained, in sufficient well-seasoned rich stock and mix when finished with a little chopped ham and grated cheese. Prepare some oval-shaped bread croûtes (fried in butter), and spread one side of each thickly with the prepared savoury rice, and keep hot. Next beat up five eggs, season to taste with salt and pepper. Peel two small ripe tomatoes, slice and chop them coarsely, drain, and cook in a saucepan with half an ounce of butter; then add the eggs, also a tablespoonful of cream, and stir over the fire until the eggs begin to thicken. Dish up the prepared croûtes of rice, and spread the egg mixture roughly on each croûte. Garnish with sprigs of fresh parsley, and serve hot.

### Eggs à l'Americaine.

Prepare and bake some paste croûstades, oval or round, half fill each with a delicately prepared ragoût composed of oysters, bearded and cut in halves, mushrooms (champignons) cut in slices, and well-seasoned béchamel sauce. Place a neatly poached egg on top of each, pour over a little rich brown sauce, then dish up, and serve at once.

### Eggs à la Boisselier.

Line some previously buttered small bouche or cup moulds carefully with thin

slices of preserved mushrooms, placing a mushroom head in the centre, then break a fresh egg in each, season to taste, place them on a baking tin, and poach in the oven. Dish up neatly, pour over some hot mushroom sauce or Italian sauce, and serve.

### Eggs à la Bretonne.

Cook till tender some previously soaked haricot beans in well-seasoned stock, and rub them through a sieve. The purée may if liked be mixed with a little chopped ham fried with finely minced onion. Put the prepared purée on a dish, and place some nicely poached eggs, neatly trimmed, on top. Pour over some hot cream sauce, and serve.

### Eggs à la Colbert.

This is a simple and delicious dish eminently suitable as an after-dinner savoury, but requires great care and careful attention in order to make the eggs presentable and of good shape during the process of frying.

Take four or six new-laid eggs, break each very carefully in a cup, season with pepper and salt, and sprinkle over about half a teaspoonful of grated Gruyère or Parmesan cheese, drop each very gently into a pan of hot fat or frying oil—the latter if of good quality is preferable for this purpose. Keep the eggs in shape, and turn frequently by means of a wooden spoon. Fry them to a pretty golden colour, then take up and drain them on a cloth or kitchen paper. Dress them neatly on a hot dish, sprinkle over with grated cheese, and serve quickly.

## Eggs à la Parmentier.

Take three large potatoes, one gill of rich cream, one ounce of grated cheese, six small eggs, sauce (béchamel or suprême), half an ounce of butter, breadcrumbs.

Wash and scrub the potatoes, dry them, and bake them in the oven, cut them into halves and scoop out the mealy parts. Poach the eggs in slightly salted water flavoured with lemon juice, trim them. Put a little sauce in each half of the potatoes, place an egg in each. Mix the remainder of sauce with half the cheese. Cover with the sauce and cheese, sprinkle over with breadcrumbs, add grated cheese; divide the butter in little bits and place on top, brown in a very hot oven, dish up, and serve quickly.

## Eggs à la Salamandre.

Take six to eight eggs, six to eight slices of toasted bread, two ounces of cooked ham or beef-tongue, one ounce of butter, one gill well-reduced béchamel sauce, three ounces of grated cheese, salt, pepper, cayenne, one teaspoonful chilli vinegar, or one table-spoonful French wine vinegar.

Have ready a sauté-pan half filled with water; add the vinegar and sufficient salt to taste. Pound the meat in a mortar till smooth, add half the butter, 1 oz. cheese, and sufficient sauce to form a smooth paste, season it with pepper, and rub through a sieve. Stamp out as many oval shapes of toasted bread as there are eggs, butter them well, and spread one side thickly with the purée above prepared; place them on a dish when ready and keep hot



at the mouth of the oven. Break the eggs carefully into the sauté-pan containing the seasoned water (boiling), poach for three minutes, take up with a slice, trim and place on the prepared toasts, mask quickly with béchamel sauce, sprinkle well with cheese, brown them under a red-hot salamander, dish up, and serve.

### Anchovy Eggs.

Shell four hard-boiled eggs and cut each in half crossways, using a sharp knife. Remove the yolks and pound them in a mortar with a table-spoonful of anchovy paste or six anchovy fillets; when smooth add a little anchovy essence and a table-spoonful of double cream. Season with a pinch of cayenne or Paprika. Rub this purée through a fine sieve, and fill with it the eggs. Have ready eight rounds of toasted or fried bread croûtes the size of the half egg, spread these over with the remainder of the purée, and place half an egg on each, cut side upwards (a little portion of the white of egg can be cut off so as to make them stand firm on the croûtes). Place a star-shaped piece of tongue in the centre of each egg. Dish up, garnish with parsley, and send to table.

### Eggs à la Chantilly.

Line some oval shaped tartlet pans with thinly rolled out puff paste, and bake them "blind." Fill these crusts with a well-seasoned green pea purée, and place on top of each a nicely poached egg. Have ready some hot Mousseline or Hollandaise sauce coloured with a little spinach purée to give it a greenish tint. Sauce over the eggs with this, dish up, and serve hot.



## Eggs à la Chimay.

*(Stuffed Eggs au Gratin.)*

Boil the required number of eggs for about eight minutes, cool and shell them carefully; then cut each in half lengthways and take out the yolks. Rub the yolks through a medium fine sieve, and mix with a little anchovy essence, oiled butter, chopped tarragon and parsley. Season with salt, pepper and a suspicion of cayenne. Fill the whites of egg with this preparation, then arrange the eggs neatly, cut sides downwards, on a well-buttered gratin or other baking dish. Sauce over carefully with well-reduced béchamel or other good white sauce, sprinkle over some grated cheese (Gruyère or Cheddar), also some fine brown breadcrumbs, and lastly a little melted butter. Finish the dish in a sharp oven or under the salamander and serve hot. The surface of the eggs must be nicely browned by the time the dish leaves the oven. Send to table hot.

## Eggs à la Capucine (Cold).

Flake some cooked white fish, mix it with sufficient aspic jelly to set, and well-seasoned mayonnaise sauce to flavour, then fill up a previously aspic coated plain border mould. Poach six to eight eggs in the usual way, drain, trim them neatly, and when cold mask over each with white chaud-froid sauce, then decorate the surface of each with thinly-cut strips of truffle and pimienta. Unmould the fish border on to a cold dish, place the prepared eggs neatly in the centre, and serve.

## Fried Eggs à la Fermière.

Grill or broil eight thin slices of lean bacon or ham, fry the same number of eggs in a little butter or bacon fat, trim each neatly and place on a slice of bacon or ham. Range these in the form of a border round a dish, fill the centre with a mixture of vegetables (*macédone de légumes*) heated and mixed with a little white sauce. Garnish the centre with Parisian potatoes (marble-shaped potatoes, blanched, drained, and baked in the oven, or fried). The dish is then ready for serving.

## Fried Eggs with Savoury Rice.

Cook four ounces of Patna rice in about a pint of rich stock, add enough well-reduced tomato sauce to colour it, then add two table-spoonfuls of grated cheese, and two slices of fried bacon cut into small strips. Season to taste with salt, and reduce a little until sufficiently firm to shape. Melt about an ounce of butter in an omelet pan, and fry in it five or six fresh eggs, trim each neatly, or else stamp out with a plain round pastry cutter. Put the rice in a buttered flat mould, press it in well, and turn out quickly on to a hot dish. Place the fried eggs in the form of a circle on the rice shape, then put a tiny pinch of red or black pepper on the centre of each yolk of egg, and serve hot.

## Eggs à la Nesselrode.

Prepare a savoury chestnut purée as described below, put it in a forcing bag, to which have attached a plain or fancy tube,

and make a fairly bold border on a buttered gratin dish. Put about two table-spoonfuls of cream in the dish; upon this break carefully four or five fresh eggs. Season with salt and pepper, and bake in the oven until the eggs are set. Serve hot.

## Savoury Chestnut Purée.

*(For Eggs à la Nesselrode.)*

Boil half a pound of large chestnuts for about twenty minutes, remove both skins, boil again in a little stock, and when quite tender rub through a fine wire sieve. Season to taste with salt and pepper, and moisten with a very little brown sauce, tomato sauce, or else rich gravy stock. Mix well, so as to produce a smooth paste.

## Baked Eggs à la Princesse.

Have ready the following materials:—Six eggs, six rounds of fried bread, one ounce of butter, two ounces of cooked ham or tongue, parsley, the yolk of a hard-boiled egg, asparagus-point ragoût, salt and pepper.

Melt the butter in a sauté-pan; break the eggs one by one into a basin and slide them into the pan, and cook them in the oven until the whites are set; season lightly with white pepper and salt. Cut them out with a plain round cutter and place each on a croûton of fried bread. Ornament the eggs with alternate little groups of chopped ham or tongue, chopped parsley, and chopped yolk of egg (hard-boiled). Dress them neatly on a round dish; put them in the oven just a second or two; fill the centre with a ragoût of asparagus points, and serve.



## Egg Croquettes.

(*Croquettes d'Œufs.*)

Chop rather coarsely four hard-boiled eggs ; chop likewise, but rather finer, two ounces of cooked tongue or ham, and about a dessert-spoonful of parsley. Prepare a white sauce with one ounce of butter, three-quarters of an ounce of flour stirred in and blended, and a gill of milk. Cook it for a few minutes, stirring all the time to prevent lumps from forming. Now add the above-named ingredients ; mix well, and season with salt, pepper, and a grate of nutmeg. Spread the mixture on to a dish and let it cool. Divide the mixture into eight or nine portions and make each into a ball or cork shape ; egg and crumb them carefully, and fry them in deep hot fat. Drain them on a paper or cloth. Dish up, garnish with fried parsley, and serve.

## Fried Egg Rolls.

Cut six or eight hard-boiled eggs into slices, and rub them through a coarse wire sieve, then mince coarsely a dozen preserved mushrooms and slightly fry them in an ounce of butter. To this add the egg purée, stir well, season with salt and pepper and a grate of nutmeg. Moisten with sufficient well-reduced béchamel sauce to bind the mixture. When thoroughly hot, spread the mixture on to a dish or plate and let cool. Shape the mixture into croquettes, even-sized balls, or cork shapes, and dip each into beaten egg, cover with coarse-grained florador or semolina (the former is preferable), and fry in hot fat a golden colour ; dish up neatly and garnish with fried parsley.

*Note.*— The above-made egg rolls,



dressed round a bed of cooked spinach nicely seasoned, makes a very tasty dinner or supper dish.

## Egg Soufflé.

*(Soufflé aux Œufs.)*

Melt two ounces of butter in a stew-pan, fry, i.e., blend in it, a peeled and finely chopped shallot, and stir in three-quarters of an ounce of Brown and Polson's corn-flour. Cook for a few minutes, but do not allow it to get brown. Next incorporate five yolks of eggs and place the pan in another containing boiling water, and whisk over the fire till the mixture thickens, then add eight chopped preserved, mushrooms and let it cool a little. Whisk to a very stiff froth the whites of four eggs, and stir carefully into the mixture of yolks, etc., previously seasoned with salt, pepper, and a good pinch of Paprika. Pour this into a large buttered soufflé case or several small ones (china ramakin cases will do nicely). Place in a sauté-pan containing some boiling water, cover with a buttered paper, and cook in the oven for about fifteen minutes if small cases are used, or twenty-five minutes when a large case is used. Dish up and serve quickly.

## Savoury Egg Cream on Toast.

*(Crème aux Œufs sur Croûtes.)*

Get ready the following ingredients:—One ounce of butter, half an ounce of flour, one gill of cream, about half a gill of milk, four eggs, one teaspoonful chopped parsley and savoury herbs (tarragon and

chervil), salt, pepper, a pinch of cayenne, three or four slices of toasted bread.

Melt the butter in a stew-pan, add the flour and let it cook a little over the fire and add the cream and milk. Stir constantly until it thickens, let it simmer very slowly, taking care that it does not burn or curdle. Separate the whites from the yolks of the eggs, beat up the whites to a stiff froth, mix the yolks with the sauce, season with salt, pepper and cayenne; stir in carefully, or rather fold in the whisked whites of eggs and add the parsley and savoury herbs at the same time. Have ready the toast cut into convenient slices; put the mixture on these heaped up; smooth over with the blade of a knife. Pass in a hot oven until of a golden colour, dish up, and serve quickly.

### Egg and Tomato Savoury (Cold).

Scald three or four ripe tomatoes, and remove the skin, cut them into round slices, place each slice of tomato on to a neatly cut slice of brown bread, cut out with a round paste cutter and spread over with creamed butter. Put a slice of hard-boiled egg on top of the tomato, and cross two fillets of anchovy over each. Sprinkle a little chopped parsley and lobster coral on the top. Dish up neatly, and serve.

### Eggs à la Dreux.

Get ready the following ingredients:—Six eggs, quarter of a pound of lean ham (cooked), one dessert-spoonful chopped

parsley, half an ounce of butter, half a gill of cream, six rounds of buttered toast.

Butter thickly six deep patty-pans, chop the ham finely and mix with the parsley, sprinkle well the patty-pans with this, so as to completely cover the inside of each, break an egg carefully into each patty-pan, season with a pinch of salt, pepper and cayenne, and divide the cream equally on top of each egg; put also a tiny piece of butter in each. Put the tins in a sauté-pan three-parts full of boiling water, place in the oven, and poach until the whites are completely set. Have ready some rounds of buttered toast as nearly as possible the size of the patty-pans, turn out the egg-shapes, and place them carefully on the toast. Dish up and serve hot.

### Eggs à la St. Jacques (Cold).

Line eight to nine small bouché moulds with puff paste or rough puff paste (roll out the paste rather thinly, and stamp out the rounds necessary for lining with a fluted cutter). Prick the bottom of the paste with a fork. Fill them with rice or dried peas, and bake them in a moderate oven to a golden colour. Unmould whilst hot. Brush over the outside and inside with beaten yolk of egg mixed with meat glaze, and return to the oven for a few minutes, then let cool. Poach, in smaller-sized bouché moulds than those first used, as many eggs as are necessary. Unmould them and let cool, then mask them with aspic, and set each in one of the prepared paste crusts. Decorate with chopped aspic tinted with a little spinach greening. Dish up tastefully, and serve.



## Eggs à la Medicis.

Drain a handful of slices of pickled beetroot on a cloth, and sauté them in a sauté-pan with fresh butter over a moderate fire. To this add four hard-boiled eggs cut into slices, season with pepper and salt, add a good teaspoonful of chopped parsley and moisten with half a gill of cream, cover the pan and place it in the oven for about ten minutes. Dish up neatly, and serve hot.

## Stuffed Eggs with Anchovies.

*(Œufs farcis aux Anchois.)*

Take four hard-boiled eggs, four Gorgona anchovies, one ounce of butter, a few sprigs of parsley, tomato sauce, bread-crumbs, eight rounds of toasted bread, cut to the size of the eggs.

Peel the eggs, cut them in halves long-ways, take out the yolk, remove skin and bones from the anchovies, put them in a mortar and pound; add the butter, a little blanched parsley, also a pinch of pepper; pound this until quite smooth, then take out and rub through a sieve. Fill the halves of whites of eggs with this preparation, and stand each on a round piece of toast. Sprinkle over with some fresh breadcrumbs, place on a buttered silver or china dish, and put in the oven for a few minutes, so as to get thoroughly hot; sauce over with tomato or Italienne sauce, and serve quickly.

## Stuffed Eggs with Spinach.

*(Œufs farcis aux Epinards.)*

Boil six eggs for ten minutes, peel them, cut them in halves crossways, stamp out



the centre with a half-inch cutter. Cut out some croûtons about the size of the base of an egg, and fry them in clarified butter ; have ready some cooked and seasoned spinach purée and enriched with cream. Cook for a few minutes whilst stirring, fill the egg-halves with spinach, close the top with the pieces cut out, and place each, cut side down, on a croûton. Dish up, garnish with the yolk, minced coarsely, and thin slices of tongue. Serve with a little brown sauce.

## Stuffed Eggs on Croûtes.

*(Œufs farçis sur Croûtes.)*

Get ready the following ingredients :— Three hard-boiled eggs, two Gorgona anchovies (boned), one teaspoonful Eschelot vinegar, half a teaspoonful Worcester sauce, one ounce butter, a few sprigs of finely chopped tarragon and chervil, six round slices of fried or toasted bread about  $1\frac{3}{4}$  in. in diameter, chopped parsley and some Paprika pepper.

Remove the shells from the eggs, cut them in halves, crossways, take out the yolks and pound them in a mortar with the anchovies ; when smooth add the butter, mix thoroughly and add by degrees the Eschelot vinegar and the Worcester sauce. Rub this through a sieve and fill the cavities of the whites of eggs with the purée, cut the points off the eggs so as to make them stand. Put the remainder of the purée in a forcing bag with a plain tube. Put a little of it in the centre of each croûte, place the eggs upon it, decorate round and on top of the eggs with the savoury purée, sprinkle some finely chopped parsley and Paprika pepper over

the surface ; this must be done rather artistically so as to make the dish effective. Range them on a dish covered with a fancy paper. Garnish with sprigs of water-cresses or crisp parsley, and serve.

### Stuffed Eggs à la Madras.

Take four hard-boiled eggs, two and a half ounces butter, one ounce anchovy paste, one teaspoonful curry paste, one teaspoonful chutney, one table-spoonful cooked spinach, eight small round slices of bread, also two pickled red chillies or pimienta for garnish.

Peel the eggs, cut them in halves crossways, scoop out the yolks and put in a mortar, add to this one and a half ounces butter, the anchovy paste, curry paste, and chutney ; pound until quite smooth, and rub through a sieve. Fill the hollows of the whites of eggs with this. Have ready eight rounds of bread a little larger than the cut sides of the eggs, fry them to a golden colour in butter or lard, when drained and cold spread one side with the remainder of the mixture, cut the points off the eggs so as to make them stand firmly, and place each half in the centre of a croûte. Cut out fanciful pieces of the chilli pod or pimienta, put one in the centre of the stuffing, mix the spinach with the butter, rub all through a fine sieve, put this into a forcing-bag or paper cornet, and ornament the sides and tops of croûtes according to fancy. Keep in a cool place. Dish up when required for table.

### Stuffed Eggs à la Volga (Cold).

Boil six small eggs till hard ; when cooled shell them, cut them in halves and carefully

remove the yolks. Rub the latter through a sieve, and mix with a gill of *rémoulade* or *tartare* sauce. Prepare a *salpicon* of a quarter jar of Russian caviare, three or four anchovy fillets cut into small dice, twelve prawn-tails cut into small dice. Add sufficient *rémoulade* sauce to bind this mixture, and fill the cavities of eggs with this. Place each on oval-shaped *croûtons* of bread fried in butter. Sauce over each carefully with *rémoulade* sauce, dish up, and garnish neatly with prawns and cresses or parsley. Serve as *hors-d'œuvre* or side dish. When a large quantity of eggs dressed in this style is needed it is advisable to incorporate a sheet of dissolved *gelatine* into each gill of *rémoulade* or *tartare* sauce.

## Stuffed Eggs, Swiss style.

*(Œufs farçis à la Suisse.)*

Boil six small fresh eggs till hard, and when cold peel them. Cut each through the centre with a column cutter and so remove the yolk portion. Next make a mixture as follows: Chop an ounce of ham or tongue, or a similar quantity of cold chicken or veal, one small truffle or some truffle trimmings, three or four stoned olives, and six to eight preserved mushrooms, all chopped up finely. Season with salt and pepper, and moisten with a little *béchamel* or other good white sauce. Fill the cavities of the eggs with this, and replace at each end the small round of white of egg cut off to remove the yolk. Brush over the stuffed eggs with a beaten up raw egg, and roll in breadcrumbs. Have ready some hot fat, in which fry the eggs to a nice golden brown. Drain



them on a cloth or paper. Dish up, garnish with fried parsley, and serve.

## Eggs in Cases.

(*Œufs en Caisses.*)

Get ready the following ingredients :— Six small eggs, a teaspoonful of chopped parsley, two table-spoonfuls of bread-crumbs, one of grated Parmesan cheese, half a gill of cream, one ounce of butter, pepper and salt, six paper cases, one shallot, sweet olive oil.

Oil the inside of paper cases, and place them on a baking-tin in the oven for a few minutes. Peel the shallot and chop finely, fry a little in olive oil, then drain and put it, equally divided, into the cases. Mix the breadcrumbs, half the parsley, and Parmesan cheese, adding a little pepper. Put about a dessert-spoonful of this and a tiny piece of butter into each of the cases ; carefully break an egg into each case ; season with pepper and salt. Divide the cream equally and pour over each egg, sprinkle with a little Parmesan cheese, and bake in a moderate oven for about six minutes. Take out, and brown the surface under a salamander or hot shovel, sprinkle with a little chopped parsley, dish up on a folded napkin, and serve quickly.

## Egg Fritters à la Magdalène.

Peel five hard-boiled eggs and cut each in half. Remove the yolks and rub through a fine wire sieve. Grate enough Gruyère cheese to weigh the same as two eggs, and mix with the sieved yolks ; to this add a dessert-spoonful of finely chopped herbs (parsley, tarragon and chervil) and a little French



mustard. When thoroughly mixed fill each egg with this, and spread enough of the mixture on top to give it the same shape as a whole egg. Brush over carefully with beaten egg, cover with breadcrumbs, and fry in hot fat. Serve with hot piquante sauce.

### Shirred Eggs.

Butter three or four small round gratin dishes holding about three eggs each, and besprinkle with brown breadcrumbs. Break carefully two or three fresh eggs on each dish, and place them in the oven, with a tiny bit of butter on top of each yolk of egg, and allow to just set the eggs ; season with salt and pepper, and send to table.

### Œufs sur plat.

Proceed the same as directed in the preceding recipe, by merely omitting the breadcrumbs. In place of using gratin dishes, ordinary plates can be made do for this purpose.

### Dropped Eggs.

These are poached eggs cooked in seasoned milk. Allow them to poach for barely five minutes, then take up each with a skimmer, trim neatly or stamp out with a round cutter. Place the eggs on nicely-toasted and buttered slices of bread, dish up, and serve.

### Curried Eggs (another way).

Peel, slice, and chop a small onion, and fry to a pale golden brown in half ounce of butter ; then add one dessert-spoonful of curry powder and one of flour ; fry

both a little and moisten with a gill of gravy or rich stock ; stir till it boils, then simmer for fifteen minutes and strain. Cut into rather thick slices four hard-boiled eggs, put them into a sauté-pan and pour over the strained sauce. Season with salt and pepper, add a tablespoonful of cream and the juice of a quarter of a lemon. Heat up gently but thoroughly, taking care not to break up the egg slices. Serve with plainly boiled rice.

## Eggs with Creamed Cheese.

*(Œufs au Fromage.)*

Cut up into thin shreds or strips while warm, the white part of six hard-boiled eggs. Pile this up neatly on a hot dish, pour over some creamed cheese as described below, and serve hot.

## Creamed Cheese.

*(Fromage à la Crème.)*

Beat up two eggs and mix with three-quarters of a pint of boiling milk, then stir in a saucepan over the fire until the egg liaison is formed, but do not let it actually boil. Lastly add three to four table-spoonfuls of grated Gruyère or Cheddar cheese. The cream should be reheated, but not boiled, a second time before it is served.

## Fried Curried Eggs.

Boil four or five eggs till hard, cut them in halves crossways, remove the yolks, pound them in a mortar, adding sufficient well-seasoned white sauce to form a smooth paste ; add a dessert-spoonful curry or mulligatawny paste and a dessert-spoon-

ful of cream. Refill the whites of the eggs with the mixture, smooth it over with a knife, and cover each with a layer of cooked rice which has been boiled until quite soft, mixed with butter, and seasoned with pepper, salt and nutmeg. Put the curried eggs aside until the rice is cold and set, then dip each into beaten egg, roll in soft breadcrumbs, and fry them in deep, hot fat. Drain them well, dish up and garnish with fried parsley. This dish is also nice cold.

## Egg and Tomato Custard.

Break four eggs into a basin, beat up and add three table-spoonfuls of tomato pulp (that is, fresh ripe tomatoes rubbed through a fine sieve), one table-spoonful of cream and one table-spoonful of grated cheese. Season with salt, pepper, and nutmeg. Butter six or seven small soufflé cases, fill them with the prepared custard, and bake them slowly in a fairly hot oven for about ten minutes. Dish up and serve quickly.

## Devilled Egg Toast.

*(Croûtes d'œufs à la Diable.)*

Shell three hard-boiled eggs, cut some of the white part into fine strips to be used for garnish, and chop up the remainder rather finely. Mix with one table-spoonful of chutney, one teaspoonful of mustard, and one table-spoonful of curry paste; mix well and season with cayenne and Paprika pepper. Heat this up in a fire-proof casserole. Have ready eight to ten oblong slices of toasted and buttered bread; spread each with the prepared



mixture ; arrange the strips of white of egg in the form of lattice work on top of each slice of toast. Dish up, reheat, garnish with parsley, and serve.

## Ham Eggs (Cold).

*(Œufs au Jambon.)*

Shell four hard-boiled eggs, cut them in halves crossways and scoop out the yolks. Chop finely two ounces of lean cooked ham, and pound it with the egg yolks. Season nicely with Kroma or Paprika pepper and a grate of nutmeg. Incorporate one or two table-spoonfuls of rich cream and pass through a fine sieve. Fill the hollow part of the whites of eggs with the prepared purée, and place each, cut side down, on oval-shaped slices of ham or tongue, previously spread over with ham purée ; then range them on slices of toasted bread a little larger than the egg-halves. Put the remainder of ham purée in a forcing bag and decorate the sides of the eggs with this, also fancifully cut slices of gherkins and tomatoes, or beetroot. Dish up and surround with finely shredded seasoned salad.

## Fried Eggs à la Creole.

Cook enough rice (about three to four ounces) in rich white stock to fill a good-sized border mould. Before moulding, mix it with half an ounce of grated cheese and one ounce of chopped ham, and season to taste. With this fill a buttered border mould and place it in the oven to keep hot.

Heat up half a pint of olive oil in a small shallow pan, drop in five or six eggs, frying only one at a time ; great



care must be taken that the yolk of egg is kept well coated with the white part, in fact each egg should be just like a poached egg, only that it is cooked in *hot* oil, instead of water. As the eggs are fried drain them carefully and trim nicely, then place them in the centre of the rice border, which must be turned out on a hot dish. Pour over the rice some nicely seasoned hot tomato sauce, and serve.

## Eggs in Parsley Sauce.

*(Œufs à la Poulette.)*

Boil six new-laid eggs for just five minutes, and shell them carefully; cut off one end of each and range the eggs on a hot dish. Pour over a nicely seasoned parsley sauce—that is, béchamel or other good white sauce, with finely chopped parsley and a little lemon juice—and serve.

## Egg Pie.

*(Pâté aux Œufs.)*

Shell five hard-boiled eggs and cut them into slices not too thin. Mash a pound of cooked mealy potatoes and mix with an ounce of butter, and a little cream. Season well with salt, pepper, and very little nutmeg. With this line the bottom of a buttered pie dish and place in a layer of sliced eggs. Scatter over some chopped parsley and cover with a little white sauce. Continue this till the eggs are used up. Let the last layer be a coating of sauce, and cover the top with mashed potatoes, smooth this over carefully with a wetted knife and mark a neat pattern on top with

the point of a knife or a fork ; brush over with beaten egg and bake in a moderately heated oven for about half an hour.

## Salmon Eggs.

*(Œufs au Saumon.)*

Shell four hard-boiled eggs and place them in cold water. Flake half a pound of cooked salmon, freed from skin and bones, then chop it, not too finely. Melt half an ounce of butter in a stew-pan, stir in half an ounce of flour, and let it cook for a few seconds ; moisten with half a gill of fish stock, and stir till it boils and thickens. Cook whilst stirring for a few minutes longer, then add the chopped salmon ; mix thoroughly with half a beaten egg ; season to taste with salt, pepper, and a grate of nutmeg. When thoroughly hot put the mixture on to a cold plate and set to cool.

Divide the mixture into four even-sized portions, flatten out each portion and wrap it round each egg ; this must be done very neatly. Brush over the eggs with beaten egg, and roll in breadcrumbs, then fry in hot fat to a golden brown. Take them up and drain ; cut each egg in half crossways and dish up on croûtons of fried bread. Put a tiny pinch of chopped parsley in the centre of each yolk and garnish the dish with fried parsley and thin slices of lemon.

## Lobster Eggs.

*(Œufs à l'Homard.)*

Proceed the same as directed in the foregoing recipe, but use lobster in place of salmon, or, if preferred, take half lobster and half salmon.

## Spanish Eggs.

(*Œufs à l'Espagnole.*)

Get ready the following ingredients :— Four hard-boiled eggs, four ounces of tongue, a few capers and gherkins, lemon juice, parsley, three Spanish olives, two anchovy fillets, a few drops of salad oil, toasted buttered bread.

Cut the eggs in halves across, take out the yolks and rub through a sieve. Cut off a small piece of the tips of the whites to make them stand even. Chop half the tongue rather finely, and mix with half the yolks of eggs. Stamp out six nice rounds of buttered toast about the size of the cut side of the eggs. Sprinkle over thickly with tongue and yolks. Cut the remainder of tongue, and gherkins, olives, and anchovies, into fine shreds; mix gently with a few drops of oil and lemon juice; add a little chopped parsley and the capers, also a pinch of white or red pepper, whichever is preferred. Fill up the cups of white of egg, fill up rather high but loosely. Stand each on a round piece of prepared toast, dish up, garnish, and serve as cold savoury or breakfast dish.

## Anchovy Eggs (Cold).

(*Œufs à l'Anchois.*)

Get ready the following ingredients :— Four hard-boiled eggs, one teaspoonful of chopped parsley, one table-spoonful anchovy essence or paste, two ounces of butter, pepper, small cress for garnish.

Remove the shells from the eggs, cut them in halves and take out the yolks. Put the yolks in a mortar, add the butter and anchovy essence or paste, pound well,



season with a little pepper, mix with the chopped parsley, and fill the eggs with this. Cut off the tips so as to make them stand, arrange them neatly on a dish, surround with small cress or other small salad, and serve.

### Sardine Eggs.

*(Œufs à la Sardine.)*

Proceed in the same manner as described in the foregoing recipe, but use boneless sardines or sardine paste in place of anchovies or anchovy paste.

### Tomato Eggs.

*(Œufs à la Tomate.)*

Boil four eggs till very hard, then place in cold water, and remove the shells. Cut each egg in half, and spread the cut side with anchovy paste. Butter a fireproof china dish, range the eggs on the dish; cut side down, on slices of tomato. Pour over enough tomato sauce to cover the eggs completely, and sprinkle over with well-seasoned breadcrumbs. Cook in a hot oven for eight minutes, and serve immediately.

### Scotch Eggs.

*(Œufs à l'Écossaise.)*

Boil four eggs for ten minutes, cool and shell them. Skin one pound of pork sausages, and mix with one yolk of egg. Dip each hard-boiled egg in flour, then coat each over with a thin layer of the sausage meat. Beat up a raw egg on a plate, brush over the covered hard-boiled eggs, then roll them in breadcrumbs and fry them in hot fat to a golden brown.



Drain them on paper or a cloth. Cut each neatly in half crossways. Dish up on rounds of fried or toasted bread, and garnish with fried parsley. Serve hot with tomato sauce, or cold with mayonnaise sauce.

## Stuffed Eggs with Prawns.

*(Œufs farçis aux Crevettes.)*

Take four hard-boiled eggs, twelve large or eighteen small prawns, three Gorgona anchovies, one and a half ounces of butter, one table-spoonful béchamel sauce.

Remove the shell from the eggs, cut them in halves crosswise, scoop out the yolks and put them in a mortar, add the boned anchovies and picked prawns, and pound very fine. Rub all through a wire sieve; return to the mortar, add the butter and béchamel sauce, mix thoroughly, and season to taste. Fill up the hard-boiled whites of egg, place a prawn-head in the centre of each, sprinkle the surface with a little grated Parmesan cheese; put them on a buttered dish or sauté-pan, and bake in a hot oven for about five minutes. Dish up neatly, sauce round with hot tomato sauce, and serve.

## Eggs à la Carnot.

Trim neatly some artichoke bottoms of a nice white colour, cut the edges into a fancy border, and keep warm in some dissolved meat glaze and stock. Have ready some rather rich chicken purée, and blend it over the fire with a little fresh butter. Poach a new-laid egg for each fond, put a table-spoonful of chicken purée in the fond, trim the eggs nicely, place on top, dish up, sauce over with gravy, and serve.

## Eggs à la Rossini.

Butter a large fireproof gratin-dish, and break into it six fresh eggs, season with salt and pepper and put a tiny piece of butter on each egg. Place the dish in the oven and cook till the eggs are barely set.

Toss some finely sliced chicken liver in a little butter, season with salt and pepper and add a piece of foie-gras pâté, cut into small slices, moisten with a little truffle sauce, and dish up. Cut out by means of a paste cutter the baked eggs, place them neatly on top of the liver, return to the oven for a few seconds and serve.

## Eggs à la Meyerbeer.

Fry or bake the required number of eggs as directed for "Eggs sur plat." Slice some sheep's kidney, season with salt and pepper, and toss in butter previously blended with two or three finely chopped shallots. Moisten with a little *Madère* sauce. Arrange the kidneys as a border on a hot dish, and place the fried eggs in the centre of the dish. Serve hot.

## Eggs à la Mirelle.

Fry some freshly laid eggs in deep olive oil (shaped like poached eggs), drain carefully, and trim them neatly. Spread some oval-shaped fried bread *croûtes* spread over with a layer of cooked savoury rice flavoured with saffron, and place an egg on each. Dish up neatly, and garnish with a border of chopped peeled tomatoes previously tossed in butter. Serve hot.

## Eggs à la Niçoise (Cold).

Poach some new laid eggs in acidulated water, drain and trim each carefully. When cold, mask them with pink chaud-froid sauce, then decorate the surface of each neatly with tarragon leaves. Arrange a well-seasoned vegetable salad in a shallow dish, range the eggs neatly on this, and serve.

## Eggs à la Marie-Louise.

Poach six small fresh eggs as directed on p.16. Range them in an entrée dish and sauce over with Madère sauce. Have ready some finely shredded ox-tongue, truffles and preserved mushrooms, heat them up first, and sprinkle over the eggs just before serving.

## Egg Croûtes with Game.

*(Croûtes aux œufs pochés à la Chasseur.)*

Get ready the following ingredients : Six fresh eggs, a loaf of stale bread, six ounces cooked game, one shallot, half an ounce of butter, six preserved mushrooms, three table-spoonfuls brown sauce (Espagnole or Madeira), pepper and salt, frying fat, parsley.

Prepare some oval croûtes of bread, the size of an egg, 2 in. by 1½ in., and about an inch in thickness. Fry these in hot fat a pale brown ; drain and scoop out the centre of each croûte so as to form cases (this must be done while the croûtes are hot). Pound the game in a mortar, add the shallot, chopped finely and blended in a little butter, the mushrooms, previously chopped, when smooth add the brown sauce. Season to taste and rub the whole



through a wire sieve. Keep the purée hot until required.

Meanwhile poach the eggs very carefully in slightly salted water containing a few drops of lemon juice or vinegar. Fill the cavities of the croûtes with the prepared purée, trim the eggs to an oval shape, and place one on each of the croûtes. Dish up on a hot dish, with a folded napkin, put a tiny pinch of Paprika pepper on the centre of each egg, garnish the dish with sprigs of fresh parsley, and serve.

### Egg Pyramid à la Réforme.

These are stuffed halves of hard-boiled eggs, dished up in a pyramidal form, sprinkled over with finely shredded ham and truffles. Sauce over with a rich brown sauce, and bake in a quick oven.

### Eggs à la Garfield.

These are very similar to Scotch eggs, p. 69. Take some hard-boiled eggs, remove the shells, and cover them with a layer of chicken farce or sausage meat, egg and crumb them with crushed vermicelli, fry in deep fat or clarified butter, and serve with piquante sauce.

### Eggs à la Messina.

Toss in fresh butter as many small artichoke bottoms (preserved) as may be required, and drain them. Poach carefully the same number of eggs, and trim them. Range the artichoke bottoms in the form of a border on a round dish, and place a poached egg in each. Mask the whole



with a well-reduced Bordelaise sauce, put a thin slice of cooked beef marrow and a slice of truffle in the centre of each egg. Sprinkle with chopped parsley, and serve hot.

### Eggs à la Piémontaise.

Cook four ounces of Italian rice in rich stock, and add enough tomato sauce to colour the rice, then put in two tablespoonfuls of grated Parmesan cheese and two slices of fried bacon, cut into small strips. Season to taste and reduce to a purée firm enough to shape. Fry in clarified butter six or seven fresh eggs, trim each neatly or stamp out with a round paste cutter. Put the rice in a greased flat mould, and turn out on a hot dish. Place the fried eggs in a circle round the edge of the rice shape, put a tiny pinch of black pepper in the centre of each yolk of egg, and serve.

### Eggs à l'Italienne.

Cook some rice as directed in the preceding recipe; when ready add to it four to six chicken livers, previously cleaned and drained and tossed in butter. Make a border of this and turn it out on a hot dish. Fill the centre with scrambled eggs, as directed in recipe on p.23, pour a little tomato sauce over and round the rice border, and serve.

### Eggs à la Polonaise.

Fry a teacupful of small dice of bread in clarified butter; when of a pale brown colour take up and drain them. Beat up six eggs in a basin, add to it a teaspoonful

of finely chopped parsley and chives, a table-spoonful of cream, and season with salt and pepper. Mix thoroughly and pour into a small stew-pan containing two table-spoonfuls of clarified butter; add, also, the fried bread croûtons. Stir over the fire till the mixture is thick enough to spread. Drop it by means of a spoon into hot clarified butter, and fry nicely. Take up, drain, and dish up. Serve hot.

### Eggs à la Poulette.

Shell some soft boiled eggs whilst still warm. Have ready some oval-shaped fried bread croûtons, spread over one side of each with a little well-reduced cream sauce, place the eggs on these. Dish up, sauce over with hot *Suprême* sauce, then sprinkle over a little finely chopped chervil, tarragon and parsley, and serve hot.

### Egg and Tomato Ramakins.

Butter the inside of six small china ramakin cases, sprinkle the bottom of each with chopped ham and parsley. Break an egg into each ramakin case. Place them in a sauté-pan half filled with boiling water, cover with buttered paper, and steam in the oven for about five minutes, or until the eggs are set. Cut three ripe and peeled tomatoes in halves, season, and put them in a sauté-pan in a hot oven; put a very small piece of butter on each and cook till they are tender. Lay half a tomato on a round of buttered toast, and unmould the egg ramakins on to the tomatoes. Arrange these neatly on a hot dish with six slices of fried bacon round the tomatoes, and serve.

### Eggs à la Marie.

Prepare six poached eggs, drained and cut out with an oval cutter; place them on oval croûtes of fried bread, dish up, and besprinkle the eggs with finely shredded ox-tongue, mixed with fine shreds of black truffle. Pour a little Madère sauce round the base of the dish, and serve.

### Eggs à la Lucullus.

Cut three hard-boiled eggs into quarter-inch slices, crossways, and spread them over with a thin layer of "Lucullus" purée. Upon the paste place a round of cooked ham or bacon, cut thinly and of the same size as the eggs; next dip the prepared slices (sandwiched together as directed) into a light frying batter; drop them into hot fat or clarified butter, and fry to a nice golden brown. Drain, dish up, garnish with fried parsley, and serve.

### Eggs à la Chiffonade.

Boil up a quart of seasoned water, containing a little lemon juice, in a stewpan, and poach in it six fresh eggs; pour off the water, then take a whisk and beat up the eggs lightly; next pour in about half a pint of nicely seasoned tomato sauce and half an ounce of fresh butter. Stir this over the fire till thoroughly heated. Have ready on a hot dish a border of cooked and seasoned rice, put the egg mixture in the centre, and serve.

### Eggs à la Reine Margot.

Proceed the same as directed for Scrambled Eggs, adding to the mixture a little



well-reduced Velouté sauce, also some chopped truffle, some chopped cooked chicken breast, and finely chopped parsley. Dish up on neatly cut slices of toasted and buttered bread, and serve hot.

### Eggs à la Reine.

Prepare and fry six rounds of croûtons of bread about  $2\frac{1}{2}$  in. in diameter and  $\frac{1}{4}$  in. thick. Spread one side rather thickly with a light chicken farce, previously poached and cut to the required size. Upon these place six nicely trimmed poached eggs. Dish up, pour some rich cream sauce round the base of the dish, and besprinkle the eggs with a little chopped truffle, then serve.

For cream sauce use either suprême, velouté, or béchamel enriched with cream.

### Fried Eggs à la Romaine.

Fry the required number of eggs in hot olive oil or best nut oil, drain and trim each, and range neatly on a dish containing a bed of spinach cooked whole (not chopped up), previously seasoned and tossed in a little butter. Garnish the dish with thinly cut slices of Salami sausage and slices of cooked ham. Pour a little gravy round the base of the dish, and serve.

### Fried Eggs on Rice Croûtes.

*(Œufs frits sur croûtes de Riz.)*

Wash four ounces of Patna rice and cook it in seasoned stock till tender. It must be reduced to a fairly firm texture and seasoned rather liberally with Paprika. Spread it on a greased dish and set to



cool. Stamp out six rounds by means of a paste cutter, then egg and crumb them and fry the rounds of rice in clarified butter.

Melt half an ounce of butter in a frying or large omelet pan, break in six fresh eggs, season with salt and pepper, and fry till just set, then cut out the eggs with a paste cutter and place each on the prepared croûtes. Dish up, garnish with parsley, and serve. The rice croûtes can be baked crisp in the oven if liked.

### Egg Fritters à la Royale.

Break six fresh eggs into a basin, season with salt and pepper, and stir in two table-spoonfuls of cream. Beat up to mix yolks and whites of eggs thoroughly, then strain into a well-buttered flat tin mould. Put this in a sauté-pan containing a little water and cook in the oven for about fifteen minutes or till the custard is set. When done and cooled, unmould the shape and cut it into  $\frac{1}{2}$  in. thick strips  $2\frac{1}{2}$  in. long. Have ready a light frying batter; dip the egg strips in this and fry in hot fat to a delicate brown colour. Drain, dish up, and serve with spinach or other suitable vegetables as garnish, or separately.

### Eggs à la Hussard.

This dish consists of rounds of fried bread spread over on one side with pounded ham and mushrooms, with a slice of tomato on top. Place a poached egg on top of each, coat well with Hollandaise sauce. Dish up neatly and serve hot.

## Eggs à la Maire.

These are poached eggs trimmed and dressed on rounds of fried or toasted bread, garnished with finely shredded ox-tongue, ham, and truffles. Dish up and sauce over with hot Madère sauce.

## Eggs à la Montpensier.

Poach five or six new-laid eggs, trim neatly and dress them on fried bread croûtons previously spread over with foie-gras purée. Dish up and garnish the centre with green peas and truffles.

## Eggs à la Neige.

Whisk four whites of eggs to a stiff froth, season with salt and pepper, and steam in small buttered moulds. Unmould the shapes and dish them up neatly. Serve with hot cream sauce.

## Eggs à la Norfolk.

These are halves of hard-boiled eggs, egged, crumbed, fried in butter, and served with piquant sauce.

## Eggs en Matelote.

Peel and slice thinly two small onions and fry a delicate brown in one ounce of butter, then drain and add a glass of claret and a gill of brown herb sauce ; reduce the whole and keep hot. Poach six eggs as directed on p. 16. Dish up the eggs on croûtes of fried bread or rounds of toast, previously spread with anchovy paste. Pour over the prepared sauce, and

garnish the dish with curled up anchovy fillets and turned olives, previously heated in a little stock. Serve hot.

## Eggs in Puff Pastry.

(*Œufs en Feuilletage.*)

Get ready the following materials :— Five hard-boiled eggs, half a pound of puff-paste, one raw egg, pepper and salt, breadcrumbs, clarified butter or lard for frying.

Remove the shells from the eggs, mix a little white pepper with some fine dry salt, roll four eggs in this. Roll out the puff-paste about one-eighth of an inch thick, wrap up each egg in the paste, brush the edges of the paste so as to close the ends securely, egg and breadcrumb over twice, place them in a wire basket, and fry in hot butter or lard a nice light brown (this must be done very carefully to ensure the paste getting done through). Cut some rings about a quarter of an inch thick of the remaining hard-boiled egg. Take out the yolk, put each fried egg on a ring so that they may stand upright; dish up in a circle on a folded napkin; fry a handful of picked, washed, and dried parsley, put this in the centre of the dish, and serve.

## Eggs à la Chipolata.

Prepare and fry six oval croûtes of bread, hollowed out in the form of an egg. Boil for five or six minutes six fresh eggs, then plunge them in cold water for a second and remove the shell very carefully, Brush over the croûte of bread with liquid meat glaze or Lemco, and place on each a



boiled egg. Dish up, surround the egg with groups of bread and glazed button onions, slice-shaped pieces of fried bacon, small fried potato balls (*pommes parisiennes*), glazed young carrots and small glazed chestnuts. These must be heated up in *Madère* sauce. Pour over enough of the said sauce to coat the eggs, and serve.

### Eggs à la Tripe.

Make a rich onion sauce, and add a gill of cream. Boil four to six eggs hard, shell them and cut up in slices, heat these up in the sauce. Dish up, and sprinkle with finely chopped parsley.

### Eggs au Gratin.

Butter a fireproof baking or gratin dish and spread over a table-spoonful of cold *béchamel* sauce. Cut into fairly thick slices six hard-boiled eggs, and range them on the dish, spreading *béchamel* sauce and grated cheese between the layers of egg. Season each layer with salt and pepper, and coat the top completely with white sauce. Sprinkle over soft breadcrumbs, grated cheese, *Gruyère* or *Parmesan*, and place a few tiny bits of butter here and there. Bake in a hot oven for about fifteen minutes, then serve.

### Eggs à la Waldimir.

Break four new-laid eggs in a well-buttered fireproof dish, sprinkle over with chopped truffles and asparagus points, seasoned, strewn with grated *Parmesan* cheese, slightly browned in the oven, then send to table.



## Cheese Eggs.

(*Œufs au Fromage.*)

Beat up four eggs in a basin, and add to it two ounces of grated cheddar cheese. Season with salt and pepper. Pour this into a saucepan containing half an ounce of butter, and stir continually over the fire till the mixture begins to set, and looks like scrambled eggs. Have ready some slices of buttered toast, placed on a hot dish, pour or spread the egg mixture over, and send to table.

## Gruyère Eggs.

(*Œufs à la Gruyère.*)

Cut half a pound of Gruyère cheese into thin slices and line with it a buttered shallow dish. Break over it carefully five or six eggs ; season with salt and pepper. Add two or three table-spoonfuls of cream, and cover with the remainder of slices of cheese, grated or finely chopped. Strew over some breadcrumbs, and place a few tiny pieces of butter here and there on top. Bake in a quick oven for about ten minutes and serve hot.

## Eggs with Melted Cheese.

(*Œufs au beurre fondu.*)

Cut two ounces of Gruyère cheese into small pieces or slices, put these in a saucepan with half an ounce of butter and half a glass of chablis or sauterne wine ; season with salt, pepper, and a pinch of Krona seasoning. Stir over the fire till melted, then pour into a buttered fireproof dish. Break in carefully five or six fresh eggs (new laid if possible), season to taste, and put a tiny bit of butter on each. Put

the dish carefully into a hot oven and bake till the eggs are set, then serve.

## Eggs in Shells.

(*Œufs en Coquilles.*)

Butter eight small scallop shells, and besprinkle with finely chopped ham or breadcrumbs; put a table-spoonful of white sauce in each and place in slices of hard-boiled eggs; season with salt and pepper, and cover with finely chopped ham. Mask the top with white sauce, and sprinkle over breadcrumbs and grated cheese; also a few drops of oiled butter, and bake in a fairly hot oven for about ten minutes. Dish up, garnish with crisp parsley, and serve.

## Eggs à la Lyonnaise.

Get ready the following ingredients:—Five hard-boiled eggs, six preserved mushrooms, one small onion, one teaspoonful of flour, half an ounce anchovy paste, one ounce butter, half a gill of brown stock, one dessert-spoonful of Worcester sauce, toasted bread, pepper and salt.

Peel the eggs, take out the yolks whole, cut the white part into strips julienne fashion, cut the mushrooms in the same way, peel and slice the onion finely, melt half an ounce of butter in a stew-pan, fry the onion a nice light brown, add the white of egg and mushroom, toss (shake) them for a few seconds over the fire, sprinkle them with flour, and add the stock and Worcester sauce; season with pepper and salt, and let the whole simmer for about two minutes; place the yolks carefully on top, so as to get warm. Have

ready some nice sippets of toast, spread them on one side with the anchovy paste, mixed with the remainder of the butter, put the white of egg, mushrooms and onion upon them, arrange the yolks in the centre, pour the rest of the ragoût round the yolks, garnish with a few sprigs of parsley, and serve.

## Eggs à la Soubise.

Peel and slice three medium-sized onions, blanch and drain them, then cook in milk till tender, and pass through a fine sieve. Reduce this with sufficient white sauce. (béchamel) to produce a purée of moderate consistency; add lastly a table-spoonful of cream, salt, pepper, and a teaspoonful of castor sugar. Poach carefully six new-laid eggs, drain and trim them, and place them on rounds of toast, previously spread thickly with the soubise or onion purée. Dish up and serve hot.

## Devilled Eggs.

(*Œufs à la Diable.*)

Put half a gill of rich brown sauce into a stew-pan, or sauté-pan, and add two table-spoonfuls of Worcester sauce, a table-spoonful of Harvey sauce, half a teaspoonful of red currant jelly, a teaspoonful of curry or mulligatawny paste, a table-spoonful of sharp chutney, and a dessert-spoonful of chilli vinegar. Reduce this to about half its original quantity; season liberally with pepper, cayenne, or Paprika, strain and return to the pan. Place in it six poached eggs, or the same quantity of hard-boiled eggs cut into thick slices, heat up carefully, then dish



up, pour the sauce over the eggs, garnish the dish with sippets of toasted bread, and serve.

### Eggs à la Princesse.

Remove the shells from five hard-boiled eggs, and keep them hot in seasoned milk or white stock. Cut into dice half a cold boiled or roast fowl, freed from skin and bones. Heat this up in half a gill of béchamel or other good white sauce, then add five or six table-spoonfuls of cooked asparagus points, previously drained; season to taste with salt, pepper and a grate of nutmeg, and keep hot. Cut some slices of cooked ox-tongue into rounds the size of an egg, heat these up in a little stock or gravy. Now put the prepared purée (salpicon) on a round dish, range the rounds of tongue neatly on top, cut the eggs in halves and place one on each round of tongue. Chop the trimmings of the tongue finely and sprinkle this neatly over the eggs or around them. Serve hot.

### Eggs au beurre noir.

Poach carefully six fresh eggs as directed on p.16. Drain and trim them neatly and place on a hot dish. Melt an ounce of butter in a frying-pan; when hot and of a nut-brown colour add a dessert-spoonful of tarragon vinegar, and a heaped-up teaspoonful of finely chopped parsley. Pour this over the eggs, and serve.

### Eggs with Nut-brown Butter.

(*Œufs au beurre noisette.*)

Melt half an ounce of butter in a fireproof dish, break four to five eggs into it, place



in a hot oven for about five minutes. Then pour over half an ounce of butter cooked to a nut-brown colour with a dash of tarragon or chilli vinegar. Sprinkle with a few fried breadcrumbs and send to table.

## Egg Darioles.

(*Darioles d'Œufs.*)

Butter six to eight small dariole moulds, chop finely two small truffles, a slice of cooked ham, and a slice of cooked tongue. Mix these on a plate and besprinkle with it the inside of the moulds so as to completely coat them. Break an egg into each and add the necessary seasoning of salt, pepper and Paprika; on top of each egg put a very small piece of butter. Next place the moulds in a sauté or braising pan half filled with boiling water; cover the pan with its lid and poach in the oven for about six minutes, by which time the eggs should be set. Turn out the moulds on little rounds of toast; dish up and pour over sufficient brown sauce, demi-glace, or Madère to well coat the egg shapes. Serve hot.

## Egg Timbales with Anchovies (Cold).

(*Timbales d'Œufs à l'Anchois.*)

Mask the inside of six small timbale moulds with a thin coating of semi-liquid aspic jelly. Shell five hard-boiled eggs, and cut them into slices of even thickness. Mix about half an ounce of anchovy paste with a dessert-spoonful of Oxo, and a little aspic just enough to spread, then spread a little of this mixture on both sides of each of the slices of egg. Put a spray of chervil

in each timbale, upon this put a slice of egg, then a layer of aspic, next an anchovy fillet, and continue thus till the timbales are filled; the last layer should be of aspic. Put the moulds on crushed ice to set. To serve, turn out the shapes and place neatly on to a cold dish. Garnish with little sprigs of endive or lettuce, and send to table.

### Savoury Eggs and Tomatoes.

Peel and slice six small ripe tomatoes; fry in a sauté or stew-pan one minced shallot in one ounce of butter, and add the tomatoes. Season with pepper and salt and cook for twenty minutes, then strain. Reheat it, and when boiling stir in three beaten eggs, add also one ounce of shredded ham or tongue; cook whilst stirring over the fire till the eggs begin to set. Then serve on a hot dish.

### Egg Rarebit.

Shell four hard-boiled eggs and slice them lengthways. Range them in a buttered gratin dish in layers with grated cheese and seasoning between the layers. Cover the top well with grated cheese, and place a few tiny bits of butter over the cheese. Brown in a hot oven and serve at once.

### Eggs en Cocottes.

Butter six or eight fireproof china cases or cocotte cups, put a table-spoonful of cream in each, then break in carefully a new-laid egg. Season with salt and pepper, and a tiny pinch of Paprika or Krona pepper. Place the cups in a sauté-pan

containing a little water, cover with a buttered paper and cook the eggs in the oven till they are just set. Dish up and serve quickly.

## Steamed Eggs à la Béchamel.

*(Œufs mollets à la Béchamel.)*

Boil six new-laid eggs in water for five minutes. Shell them and place them on croûtons of fried bread; pour some rich béchamel sauce (p. 129) over them. Dish up carefully and serve.

## Egg Ragoût à la Française.

Slices of hard-boiled eggs, with sliced truffles and morels or mushrooms, stewed in brown sauce flavoured with red wine.

## Eggs à la Madame.

Take six to eight eggs, a little butter, one table-spoonful finely chopped parsley, six to eight dessert-spoonfuls of cream.

Butter six to eight small fireproof pipkin pans or ramakin cases, and sprinkle with chopped parsley. Break an egg carefully into each, and add a dessert-spoonful of cream. Bake slowly till set. Send to table in the pans or cases, or turn them out and dish up.

## Eggs à la Boston.

Take six eggs, one and a half ounces of butter, half a large onion, one teaspoonful of flour, one gill of milk or cream, two ounces chopped cooked ham, half a gill of Madère or other rich brown sauce.

Peel and slice the onion and fry it in



an ounce of butter to a golden colour, sprinkle in the flour, and stir long enough to cook the flour. Moisten with the milk or cream, season with a pinch of salt and half a pinch each of pepper and nutmeg. Separate the yolks from the whites of eggs and put the yolks with the onion, etc., stir well and add one ounce of chopped ham. Beat the whites of eggs to a stiff froth and mix carefully with the above. Butter a round baking-tin or gratin-dish, dress the mixture neatly on it, sprinkle the top with chopped ham, bake in a hot oven for fifteen minutes ; when done, place it on a hot dish, and serve with Madère or other good brown sauce.

### Egg Jumbles.

Break four fresh eggs into a basin and whisk them lightly, then add an ounce of finely chopped cooked ham or tongue and a good pinch of mixed savoury herbs, also a teaspoonful of finely chopped parsley ; then beat up the mixture and season with very little salt and pepper. Have ready three or four slices of toasted bread, cut them to size and butter them. Melt three-quarters of an ounce of butter in a saucepan, put in the egg mixture and stir it over the fire till just setting ; then spread it on the prepared toast and serve hot.

### Egg Tartlets.

*(Tartlettes aux Œufs.)*

Line eight to ten tartlet moulds with trimmings of puff-paste. Prick the paste with a fork, fill with uncooked rice or dried peas, and bake in a moderate oven. Remove contents of tartlets and place



crusts on sieve to cool. Next poach as many eggs as there are tartlet crusts, trim each egg very neatly as near as possible to the shape of the tartlets. Have ready some Hollandaise sauce, into this incorporate a table-spoonful of spinach purée, some finely chopped tarragon and chervil. Place each egg into a tartlet crust, and sauce over carefully with the above sauce. Reheat in a sharp oven just a few moments. Dish up quickly and serve hot. A tiny pinch of Paprika or Krona pepper seasoning put in the centre of the tartlets will improve the dish.

## Caviare Eggs (Cold).

*(Œufs au Caviar.)*

Cut three or four hard-boiled eggs into slices about a quarter of an inch thick. Remove the yolk and place each ring of white of egg on a round of buttered toast about the size of the egg. Fill the cavity with Russian, Hygienic or Astrachan caviare forced through a bag with a plain tube. Dish up, and garnish with slices of lemon and parsley.

## Mayonnaise of Eggs.

Boil five fresh eggs till hard, shell them and cut each in half lengthways; remove the yolks and mix with a little mayonnaise sauce; season and refill the halves of eggs. Place them on a wire tray and coat them with mayonnaise sauce, previously mixed with a little liquid aspic. When the eggs are well coated and set range them on a bed of seasoned salad (shredded lettuce or endive) on a dish. Decorate the top of each with tarragon leaves, thinly

cut strips of chilli or pimiento and gherkin, and serve.

### Eggs à la Russe (Cold).

Shell four hard-boiled eggs, and cut each in half lengthways : remove the yolk carefully and cut off a small portion of the whites to make them stand. Fill the cavities of the whites of egg with seasoned caviare (Hygienic or Astrachan); rub some of the yolks through a coarse sieve and cover the filled eggs with it. Place each on a slice of ripe tomato, previously seasoned with salad oil, salt, pepper and vinegar. Dish up on a bed of small cress or other suitable green salad.

### Stuffed Eggs with Ham (Cold).

*(Œufs farçis au Jambon.)*

Shell six hard-boiled eggs, cut them in halves crossways, and scoop out the yolks. Chop finely about four ounces of lean cooked ham and pound it with the egg yolks. Season this nicely with very little salt and a good pinch of Paprika pepper, also a grate of nutmeg. Incorporate about two table-spoonfuls of rich cream, and pass the whole through a fine sieve. Fill the hollow parts of the whites of eggs with this purée and place each, cut side down, on oval-shaped slices of ham or tongue which have been previously spread over with the ham purée. Next place each on a neatly-cut oval-shaped slice of toast, these must be a little larger than the eggs. Put the remainder of ham purée in a forcing bag and decorate the sides of the eggs with this, also with fancifully cut slices of gherkins and tomatoes peeled

and cut into strips. Dish up neatly and surround the side of the dish with finely shredded seasoned salad.

### Stuffed Eggs à l'Aurore (Cold).

Cut four hard-boiled eggs in halves crossways and remove the yolks carefully. Mix the latter with a teaspoonful of tarragon vinegar, a little mustard, a tablespoonful of fresh butter and a similar quantity of cream. When well mixed and seasoned rub this through a fine sieve. Put the mixture into a forcing bag with a rose tube and fill with it the prepared halves and whites of eggs. Surmount each with a star-shaped slice of pimienta. Dish up and garnish the dish with seasoned salad, lettuce, endive, cress, etc.

### Eggs à la Rialto (Cold).

Remove the shells from four hard-boiled eggs, half them and remove the yolks; put these in a mortar and pound with a quarter of a gill of picked shrimps, one teaspoonful of curry paste, and a tablespoonful of mayonnaise sauce. When quite fine rub the purée through a coarse sieve and make up into balls about the size of egg yolks. Cut some rings about half an inch high from the whites of eggs; place these on a wire tray and put one of the prepared balls in the centre of each.

Have ready a mayonnaise sauce (p. 128) mixed with a little aspic, coloured with tomato and flavoured with curry paste and mustard. Coat the egg shapes with this twice or three times, until they are completely covered, and keep the tray on the ice till required. Dress them neatly on a



round dish on a bed of small cress (seasoned), surrounded with very small lettuce hearts. Put a star-shaped slice of pimiento on the centre of each egg shape, and serve.

## Chaud-froid of Eggs (Cold).

*(Œufs en Chaud-froid.)*

Take six or more new-laid eggs, one and a half gills béchamel sauce (p. 129), half a gill of tomato sauce (p. 130), one gill of aspic jelly (p. 131), quarter of an ounce of leaf gelatine, one large truffle, slices of cooked ox-tongue or ham, salad and dressing.

Poach the eggs carefully in slightly salted water, containing a little lemon juice; when set take up and trim and set them on a sieve to cool. Heat up the white sauce; add to it the gelatine, previously dissolved and strained. Season to taste and mix with a couple of tablespoonfuls of aspic. When nearly cold mask half the number of poached eggs. This must be done twice, allowing the first coating to set before the second one is added. Now heat up the tomato sauce, and mix in an equal quantity of white sauce and some aspic jelly; when nearly cold mask the remainder of eggs in the same manner. Cut out as many rounds of tongue or ham as there are eggs; the slices should be as near as possible the size of the eggs. Place one egg on each slice, mask them over with a thin coating of aspic; decorate tastefully with fancifully cut slices of truffle. Dish up on a cold dish in the form of a border, fill the centre of the dish with a nicely prepared salad, and serve.



## Egg Sandwiches.

Chop finely two hard-boiled eggs, previously shelled; mix with it half a teaspoonful of mustard, half an ounce of fresh butter, and season to taste with salt and pepper. Have ready some thin slices of brown or white bread, thinly buttered, spread the mixture on the buttered side of half the slices. Scatter over some chopped watercress or small cress, and cover with the other slices or bread, and so sandwich them together. Press them lightly, trim off the crusts and cut into desired shapes. Dish up, garnish with sprigs of fresh parsley or watercress, and serve.

## Egg Sandwiches (another way).

Cut some thin slices of brown bread, and butter them lightly; cover half with thinly cut slices of hard-boiled egg; season with salt and pepper and lay over a little mustard and cress, shredded lettuce, or slices of cucumber. Make up into sandwiches, trim them and cut them to the required size. Dish up and garnish with parsley or watercress.

## Egg Salad.

(*Salade aux Œufs.*)

Shell four or five hard-boiled eggs and cut them into slices. Range them in layers in a salad bowl or glass dish, season each layer with salad dressing or mayonnaise (p. 128) and chopped parsley. Cover with a thin layer of mayonnaise, and garnish with stoned olives, anchovy fillets, tiny bunches of watercress or lettuce hearts, and serve.

## Hot Egg Salad.

Melt an ounce of butter in an omelet-pan, when hot drop in six fresh eggs, each being first broken into a saucer to ascertain its freshness. Season with salt and pepper. Beat up the eggs with a fork, and stir over the fire until they are set. Put the eggs thus cooked in a hot shallow salad dish, pour over a little nut-brown butter flavoured with vinegar or lemon juice, and sprinkle over with some finely chopped chives, garnish with seasoned lettuce leaves, then serve.

## OMELETS.

To be able to make an omelet to perfection is said to be an art, and which many admit is better mastered on the Continent than in England. Considering that omelets are classed as highly nourishing, appetising, and quickly made dishes, few things should appeal more strongly to the cook and housewife to master thoroughly than omelets. That essential care and delicacy of manipulation so important to produce a perfect omelet can be mastered by any one, if he or she will take sufficient pains to read up carefully the directions given and then set to work and practise the art of omelet making until the desired success is attained. "Practice makes the master" can be very forcibly applied here.

After two or three trials any one should be able to produce an excellent omelet. There are, of course, many kinds and varieties of omelets—the plain, soufflé, stuffed or fourée, savoury vegetable, and the sweet omelets; but any omelet should as soon as it is cooked be immediately served, for if allowed to stand about before serving, it will inevitably eat tough, instead of crisp and yet moist.

The addition of a very small quantity of milk or cream, that is, about a table-spoonful of either to four or five eggs, will ensure the omelet keeping moist longer than is the case when neither is added. The added cream certainly increases the

richness of an omelet. Some connoisseurs, however, claim that this addition rather destroys the character of a true French omelet; this had therefore better be left an open or disputed question.

The actual process of making a French omelet, plain, savoury or sweet, as one reads the directions seems difficult to some, but it is infinitely easier than it reads, and if one knows how to make one "omelette," it is an easy matter to introduce varieties *ad infinitum*, because by the addition of certain suitable materials stirred in with the egg mixture before frying, or filling them with either savoury or sweet mixtures, purées, ragoûts, salpicons, etc., the name and character of an omelet is at once altered, whereby a great many varieties can be introduced.

The actual cooking of an omelet has, as the following rules will show, a great deal, if not all, to do with its success. The pan used and the fire required are likewise important factors.

## Rules for Omelet Making.

There are five rules which must be strictly observed in order to produce a successful omelet.

### 1st.—*Eggs and Butter.*

The eggs and butter, being the chief ingredients for an omelet, must be as fresh as possible.

### 2nd.—*The Omelet Pan.*

The omelet pan must be kept clean and not used for any other purpose. It must never be washed, but is best cleaned by heating it and rubbing it with paper



or a coarse towel and salt, and then wiping it with a clean cloth.

*3rd.—Mixing and Seasoning.*

Beat up the eggs thoroughly with a fork, not a whisk. The eggs need not be frothy, but mixed so as to amalgamate the yolks with the whites. It is well to add a little milk or cream at the time of beating up the eggs ; this makes the omelet moister and lighter. Season moderately. Do not use pungent spices.

*4th.—Heating the Butter.*

See that the butter used is hot but not oily before the egg mixture is poured into the omelet pan. One ounce of butter is usually ample to make an omelet of six eggs.

*5th.—Cooking the Omelet.*

An omelet must be cooked over a bright, brisk fire because it needs to be made quickly ; the process of stirring and shaking the pan whilst the omelet is made must also be quickly performed. Use a spoon in preference to a fork for stirring.

## How to Shape an Omelet.

Once the egg mixture begins to set, that is when the eggs appear sufficiently cooked, which means light and yet moist or soft, shape it by folding in the ends, so as to give it the form of an oval cushion. This must be done at the side opposite the handle, for which purpose the pan should be tilted. Shake or knock the pan gently, so as to loosen the omelet. Let it take colour, viz. : a golden brown.

## How to Turn Out an Omelet.

To do this correctly and successfully, hold the pan by its handle with the right hand, the palm of the hand being underneath the handle. Hold an oblong warm dish in the left hand, bring the outer edge of the pan close to the centre of the dish, turn out the omelet by turning the pan upside down, and then quickly remove the pan. The process of making a plain omelet should not take more than five minutes.

### Plain Omelet.

*(Omelette Naturelle.)*

Take four or five eggs, one ounce of butter, one table-spoonful of milk or cream, pepper and salt. Break the eggs into a basin, beat them well with a fork, add if liked a table-spoonful of milk, or cream, and season with salt and a tiny pinch of pepper. Dissolve the butter in an omelet pan; when quite hot pour in the mixture, stir slowly with a fork over a quick fire, shake the pan, when set shape the omelet on one side of the pan, allow it to take colour, then turn quickly on a hot dish, and serve.

### Omelet with Shallot Flavour.

*(Omelette à l'Echalotte.)*

Fry two or three finely chopped shallots in a little butter, when of a pale brown colour (*not dark*) pour in the beaten and seasoned eggs and proceed the same as for plain omelet.

### English Omelet.

*(Omelette à l'Anglaise.)*

Prepare an omelet as above, adding two

thin slices of streaky bacon cut in strips and fried in butter to the egg mixture, or else garnishing the omelet when made with thin slices of fried or grilled bacon.

## Savoury Omelet.

*(Omelette aux fines herbes.)*

Take four or five eggs, one table-spoonful cream, two dessert-spoonfuls chopped parsley, including a leaf or two of green tarragon, and a sprig of chervil, a pinch of sweet herbs, one ounce of butter, a small clove of garlic, pepper and salt.

Break the eggs into a basin, add the cream, and beat up well ; add the chopped herbs and seasoning. Cut the clove of garlic and wipe the inside of the omelet pan with the cut side. Melt the butter in this pan, and when hot pour in the egg mixture. Stir over a brisk fire with a fork until the eggs begin to set, then roll towards the side of the pan opposite the handle, and give it the shape of an oval cushion. Allow it to take colour (a golden brown). Turn out on an oval dish (hot), and serve. Tarragon and sweet herbs, or the flavour of garlic, may be omitted. A small chopped shallot may be added to the butter and fried a little, if liked.

## Omelette à la Bonne Femme.

Take six eggs, one ounce bacon, a boiled potato, a breakfast roll, one teaspoonful chopped parsley, half teaspoonful chopped chives, salt and pepper.

Break the eggs into a basin, beat up for five minutes ; add the parsley and chives, also a pinch of salt and pepper to taste. Cut the bacon into small squares, likewise



the thin crust of the roll ; melt the butter in a frying or omelet pan, fry the bacon slightly brown, then add the bread-crust and the potato cut into dice, toss over the fire for a few minutes, pour in the egg mixture, stir with a fork gently over a bright fire for two minutes. Then fold up in the shape of a cushion, towards the side opposite to the handle of the pan, hold it in a slanting position for a minute also over the fire to colour it lightly ; take a hot dish in your left hand, holding up the pan with your right, bring the centre of the dish towards the edge of the pan with the omelet, and then turn the pan over quickly so that the omelet will come right in the centre of the dish. Serve hot with two or three table-spoonfuls of tomato sauce poured round the base of the dish and serve.

### Omelette à la Bernoise.

Proceed as in the preceding recipe, omitting the bacon and adding about two ounces of Gruyère cheese, cut into small dice. Fry the shallots in an ounce and a half of butter, pour in the mixture with the cheese, and finish cooking in the usual manner.

### Omelette à la Charentière.

Beat up six eggs in a basin, add the necessary seasoning (pepper, salt and nutmeg), a table-spoonful of milk or cream, and a heaped-up teaspoonful of French mustard.

Cut two or three ounces of lean bacon into small dice, and fry in an omelet pan with an ounce of butter for a few minutes. Add two finely minced shallots and fry



likewise, but do not allow them to get quite brown. Pour in the egg mixture, and stir over a brisk fire till it commences to set, then shape quickly into the form of an oval cushion, allow it to take colour, and turn out quickly on to a hot dish and serve.

### Omelette à la Clamart.

Prepare a plain or savoury omelet. When about to shape it, fill the centre of the omelet with a nicely seasoned green pea purée, fold in the ends, and dish up. Pour a little white sauce flavoured with lobster or crayfish butter round the base of the omelet, and serve hot.

### Omelette à la Chasseur.

Prepare an omelet as before directed, but in place of green peas fill the centre with a delicately prepared ragoût of game, cut up small, and freed from skin and gristle, mixed with chopped or sliced mushrooms and truffles, and moistened with a little well-seasoned brown sauce. Pour a little demi-glace sauce or gravy round the base of the omelet, and serve hot.

### Omelette à la Raphael.

Make a savoury omelet with six eggs, and place in the centre a fine stew of fillet of beef (goulash de bœuf) and truffles ; then fold the omelet. When browned slightly, turn on to a hot dish, and pour some demi-glace sauce round the base of the dish. Serve quickly.

## Leek Omelet.

*(Omelette aux Poireaux.)*

Take six eggs, one and a half ounces of butter, one table-spoonful grated cheese, salt and cayenne, one table-spoonful of milk or cream, two leeks, well washed, trimmed, and stewed in brown sauce.

Break the eggs into a basin, add the cheese, sufficient salt and cayenne to taste, and the milk or cream ; beat well to amalgamate the yolks and whites of eggs and other ingredients. Cut the cooked leeks into slices, and keep hot in a small stew-pan with just enough sauce to moisten. Melt the butter in an omelet pan ; when thoroughly warm (not too hot) pour in the egg mixture, and stir over a bright fire until the eggs begin to set. Shape quickly into the form of a cushion, place the stewed leeks in the centre, and fold in the ends. Allow the omelet to take colour, then turn out on a hot dish, pour a little brown sauce round the base of the dish, and serve quickly.

## Omelettes à la Maréchale.

Take eight eggs, eight slices of cooked smoked ox-tongue, a dessert-spoonful of chopped parsley, quarter gill of cream, one and a half ounces of butter, salt, pepper, Colbert sauce.

Break the eggs into a basin, add parsley, pepper, salt, and beat up well, add the cream and mix thoroughly. Divide into eight equal portions ; melt a little of the butter, and prepare a very small omelet with each portion of the mixture ; place it on the slice of tongue, trimmed to required size, and proceed thus until the

eight omelets are made. Dish up on a hot dish in the shape of a border (*en couronne*), pour Colbert sauce round the dish, and serve.

## Parmesan Omelets.

(*Omelettes gratinées au Parmesan.*)

Take six eggs, one large table-spoonful cream, two table-spoonfuls grated Parmesan, one and a half ounces of butter, white pepper, a few brown crumbs, tomato sauce.

Break the eggs into a basin, add rather more than half of the grated cheese and a pinch of pepper (no salt), mix well with a fork, add the cream, and beat well. Melt half the butter in an omelet pan, pour in half the egg mixture. Stir over a brisk fire until the eggs begin to set (it requires generally three minutes to stir), then fold into a cushion shape, let it cook for one minute to take colour; turn on to a hot dish. With the other half of the mixture and butter prepare a second omelet, and put it along with the first. Trim the omelets neatly, sprinkle over with a few breadcrumbs and grated Parmesan, also a few drops of oiled butter, put the dish in a sharp oven or under a hot salamander for a few minutes, and serve with nicely-seasoned hot tomato sauce poured round the omelets.

## Lentil Omelet.

(*Omelette aux Lentilles.*)

Cook half a gill of lentils in stock or salted water till tender and drain them. Melt an ounce of butter in a stew-pan, fry in it a peeled, minced shallot, put in the lentils, and fry for a few minutes. Moisten



with two or three table-spoonfuls of brown sauce, season with pepper and salt, and keep hot.

Break six eggs into a basin, beat up well with two table-spoonfuls of milk or cream, season with salt and pepper, and pour into an omelet pan containing about an ounce of butter (hot). Stir over the fire with a fork till the mixture begins to set. Spread the cooked lentils over the omelet and fold in the sides. Let it take colour, a nice golden brown, and turn out carefully into a hot dish. A little tomato sauce may be poured round the base of the dish if liked.

### Kidney Omelet.

*(Omelette aux Rognôns.)*

Skin two sheep's or half a small veal kidney, cut it into thin slices, season, and fry with one ounce of butter blended with a very small chopped shallot ; add a little brown sauce, and keep hot. Beat five eggs together with two table-spoonfuls of milk ; season with salt and pepper. Melt one ounce of butter in an omelet pan, pour in the omelet mixture, and stir it over the fire until it begins to set ; then put in the stewed kidneys and fold in the ends of the omelet over. When nicely browned, slip the omelet on to a hot dish, pour a little hot tomato or brown sauce round the base of the dish, and serve at once.

### Mushroom Omelet.

*(Omelette aux Champignons.)*

Wash and peel three or four fresh cup mushrooms, chop them and fry in half an ounce of butter, blended with a small chopped shallot. Season with salt and



pepper to taste, and keep hot. Prepare a plain omelet, when ready to fold put the mushroom purée in the centre, then fold in the ends and allow the omelet to take colour. Turn it out on to a hot dish and serve.

## Asparagus Omelet.

*(Omelette aux Asperges.)*

Cut into inch or half-inch lengths the soft portion of twenty-five to thirty heads of cleaned asparagus; blanch them and cook in salted water till tender. When done, drain them on a sieve, then toss them in a little butter, add a little stock or white sauce, season with pepper and keep hot.

Beat up five or six eggs, add a table-spoonful of milk or cream, salt and pepper to taste, and pour into an omelet pan containing about an ounce of butter (melted). Stir over the fire till the eggs begin to set; shape to an oval cushion, placing the prepared asparagus in the centre, fold in the ends of the omelet, let it take colour, and turn out carefully on to a hot dish.

## Cheese Omelet.

*(Omelette au Fromage.)*

Beat up six eggs, with one ounce of grated Gruyère cheese and two table-spoonfuls of milk. Melt one ounce of butter in an omelet pan and cook the omelet as directed for plain omelet. Sprinkle over the surface of the omelet with a little grated cheese.

## Tomato Omelet.

*(Omelette aux Tomates.)*

Steep two or three small ripe tomatoes in hot water and skin them, cut them into

slices and toss them in a little butter over a quick fire, season well and fill with it a plain or savoury omelet. Pour a little tomato sauce round the base of the dish.

## Truffle Omelet.

*(Omelette aux Truffles.)*

Proceed the same as for mushroom omelet, using six truffles in place of the mushrooms.

## Omelets à la Maintenon.

Get ready the following ingredients :— Six eggs, three table-spoonfuls grated Parmesan cheese, toasted bread, one table-spoonful of cream, pepper, one and a half ounces of butter, about half a gill of tomato sauce.

Break the eggs into a basin, beat up well with a table-spoonful of grated Parmesan cheese, and the cream, add a pinch of pepper ; divide this into four equal parts ; melt a little butter in an omelet pan ; pour in one part and make into a small omelet, taking care that the omelet is of a nice cushion shape. Proceed thus until four omelets are made ; roll each in Parmesan cheese, put them on an oval shape of buttered toast. Sprinkle the surface with more Parmesan, put them on a baking sheet and place in a hot oven for five minutes. Dish up on a hot dish, pour over the hot tomato sauce, and serve.

## Omelette à la Béarnaise.

Prepare a plain omelet, fill it before folding in the sides with a mixture of artichoke bottoms and mushrooms, cut into dice and

heated up in tomato and Béarnaise sauce. Pour a little sauce round the base of the dish.

## Omelette à la Bayonne.

Prepare a plain omelet, fill it before folding in the sides with cooked ham and Spanish pimientos cut in strips and heated up in tomato sauce. Pour a little of the latter round the omelet.

## Omelettes à la Milanaise.

Take six eggs, three table-spoonfuls grated Parmesan cheese, one table-spoonful cream, toasted bread, about half a gill tomato sauce, and one and a half ounces of butter.

Break the eggs into a basin, beat well with a table-spoonful of grated Parmesan cheese and the cream, add a little salt to taste and a pinch of pepper. Divide this into four equal parts. Melt a little butter in an omelet pan, pour in one part and make into a small omelet, taking care that the omelet is of a nice cushion shape. Proceed thus until four omelets are made, roll each in grated Parmesan cheese, and put them on an oval-shaped piece of buttered toast. Next sprinkle over the surface a little more cheese, put them on a baking sheet, and place in a hot oven for about two minutes. Dish up on a hot dish, pour some hot tomato sauce round the base of the dish, and serve.

## Brain Omelet.

*(Omelette à la Cerveille.)*

Prepare and cook a plain omelet filled with cooked calf's brains, cut in small pieces

and previously stewed in seasoned white sauce.

### Cucumber Omelet.

*(Omelette aux Concombres.)*

Peel half a cucumber, cut it in halves lengthways, scoop out the seedy part, cut up into slices, stew in cream sauce. Fill with it a plain omelet.

### Spinach Omelet.

*(Omelette aux Epinards.)*

Rub half a pound of cooked spinach through a fine sieve, heat it up with a little béchamel or brown sauce, season to taste, and fill into the centre of a plain omelet. Pour a little gravy or thin brown sauce round the omelet.

### Anchovy Omelet.

*(Omelette aux Anchois.)*

Prepare a plain omelet by adding one teaspoonful of anchovy essence and three filleted Gorgona anchovies, cut into small strips or dice, to the egg mixture and cook as directed.

### Sardine Omelet.

*(Omelette aux Sardines.)*

Proceed the same as for anchovy omelet, using four boned and skinned sardines in place of the anchovies, but allowing the anchovy essence to be incorporated.

### Curry Omelet.

*(Omelette à l'Indienne.)*

Peel and mince finely half a small Spanish onion, fry it a light brown colour in one



ounce of butter, add a dessert-spoonful of curry powder and one table-spoonful of béchamel sauce. Cook for ten minutes, remove the fat, if any, fill this into a plain omelet. Turn the omelet on a bed of boiled rice dressed on a hot dish and surround with curry sauce.

## Lobster Omelet.

*(Omelette de Homard.)*

Prepare a plain omelet, fill it, before folding in the sides, with creamed lobster, or with minced lobster warmed up in béchamel sauce.

## Onion Omelet.

*(Omelette aux Oignons.)*

Proceed the same as for curry omelet, omitting the curry and rice; the onion can be cooked in white or brown sauce.

## Oyster Omelet.

*(Omelette aux Huîtres.)*

Blanch one dozen oysters in their own liquor, drain them and remove the beards (preserve the liquor), and cut into small dice, beat up six eggs with one table-spoonful of milk and a table-spoonful of oyster liquor, season to taste with salt and pepper; add the oysters.

Melt an ounce of butter in a chafing dish, pour in the egg mixture and stir over a quick fire till the eggs begin to set. Fold over and shape neatly (oval cushion shape), allow the omelet to take colour and serve.

## Salmon Omelet.

*(Omelette de Saumon.)*

Free four ounces of cooked salmon from skin and bones and flake it finely, heat it

up in a little butter and white sauce, just enough to moisten. Season with salt and pepper and keep hot. Make an omelet as above directed, omitting the oysters and the oyster liquor. When ready to fold, put in the hot salmon mixture, fold in the ends and shape neatly. Turn out on a hot dish and serve.

### Ham Omelet.

*(Omelette au Jambon.)*

Beat up four fresh eggs and season to taste with pepper and Paprika or Krona seasoning, but no salt. Chop or cut into small dice two ounces of cooked ham and fry a little in an ounce of butter in an omelet pan, then pour in the eggs and finish cooking as before directed for a plain or savoury omelet.

### Vienna Tomato Omelet.

*(Omelette à la Viennoise.)*

Whisk up four to six fresh eggs in a basin, season with salt and pepper, and pour the eggs into a well-buttered fireproof soufflé dish. Bake in a fairly hot oven till the omelet is set and of a nice golden brown. Make an incision in the centre of the omelet and fill the cavity with a tomato stew which is made as follows:—

Peel three or four small ripe tomatoes, this is best done by dipping each into hot water for a few seconds, then cut them into quarters and toss in a little butter over a quick fire. Season with salt and pepper and use as directed. This omelet should be served in the dish or pan in which it is baked.

## American Omelet.

(*Omelette à l'Américaine.*)

Beat up five eggs, add a table-spoonful of cream, half a teacupful of grated bread-crumbs, a few drops of onion juice, a tea-spoonful of chopped parsley, and season with salt and pepper. Stir this over the fire, in an omelet pan containing an ounce of heated butter. When sufficiently cooked shape it, allow it to set, and colour, then turn out on a hot dish and serve.

## Omelette aux Armourettes.

Prepare a plain or savoury omelet, and fill the centre. When it is shaped with previously poached slices of beef marrow, serve with a little demi-glace sauce poured round the base of the dish.

## Omelette Bruxelloise.

This is a plain omelette filled with braised Belgian endive, cut into small pieces, with a little cream sauce poured round the base hot.

## Omelette Châtelaine.

Mix some chestnut purée with a little soubire (onion) sauce. To this add finely sliced artichoke bottom. Beat it up and use as filling for a plain omelet.

## Omelette à l'Italienne.

This is a plain omelet, stuffed with a salpicon of chicken liver, ham, and mushrooms previously tossed in butter; serve with tomato sauce.

## Omelette à la Jardinière.

Prepare a plain or savoury omelet, fill it with mixed cooked vegetables (macédoine or jardinière), previously heated up in a little white sauce or butter, and seasoned. Turn out and serve hot.

## Omelette à la Madras.

Prepare a plain omelet, flavoured with chutney or curry ; when ready for folding fill with cooked rice, seasoned with a little finely chopped mint and chives. Pour a little curry sauce round the omelet and serve hot.

## Omelette à la Parisienne.

Plain soufflé omelet, filled with hot duxelle purée (chopped mushrooms, shallots, parsley, etc.), and folded.

## Omelette à la Parmentier.

This is a plain or savoury omelet, stuffed with dice-shaped potatoes previously blanched, and fried in butter.

## Omelette à la Paysanne.

This is a savoury omelet, containing chopped and blanched sorrel ; before folding it is stuffed with braised lettuce and is served with demi-glace sauce.

## Omelette à la Périgord.

This is a plain omelet, mixed with chopped truffles and served with truffle or Périgueux sauce.



## Omelette à la Portugaise.

This is a savoury omelet, mixed with chopped anchovy fillets. Serve with tomato sauce poured round the base of the dish.

## Omelette Robert.

Fry some slices of streaky bacon, cut up small and sliced onion till brown. Then add beaten eggs and make into an omelet in the usual way. Dish up and serve with Sauce Robert.

## Omelette à la Princesse.

This is a plain omelet mixed with cooked asparagus points, or filled with asparagus purée just before folding the omelet.

## Omelette à la Reine.

This is a savoury soufflé omelet, filled with chicken purée or salpicon of chicken. Allemande or suprême sauce is poured round the omelet.

## Omelette à la Réforme.

This is a plain omelet filled with shredded truffle, hard-boiled white of egg, gherkins and mushrooms; heated in rich brown sauce.

## Savoury Puff Omelet.

*(Omelette Soufflée aux fines Herbes.)*

Beat very lightly the yolks of six eggs and the whites of three; stir into this one table-spoonful of Brown and Polson's corn-flour, mixed with half a gill of cream or milk, season with salt and pepper, and stir in one teaspoonful of finely chopped parsley.

Melt half an ounce of butter in a small soufflée or omelet pan, pour in the mixture, and set the pan into a hot oven. When it thickens pour over the remaining whites of eggs, well beaten, with a pinch of salt, and return to oven until a delicate brown. Turn it out on to a hot dish, and serve at once.

### Fish Puff Omelet.

*(Omelette Soufflée au Poisson.)*

Shred finely one small cooked whiting or a slice of cooked cod, heat it up in a little butter and season to taste. Stir this into a mixture made as directed in the preceding recipe, and bake in a well-buttered pan in a fairly hot oven for about twenty minutes, and turn out on to a hot dish and serve with tomato sauce.

## SWEET OMELETS AND OTHER SWEET EGG DISHES

Of these there are several kinds, the plain, *sucrée*, those filled with a fruit compôte or purée, preserved, or conserve fruit, and the puff or soufflée omelettes.

It is usual to call these omelets according to the kind of garniture used in their preparation.

### Rum Omelet.

*(Omelette au Rhum.)*

Beat up four eggs with a table-spoonful of cream, a tiny pinch of salt and a tea-spoonful of castor sugar. Melt about three-quarters of an ounce of butter in an omelet pan, when hot pour in the mixture and cook whilst stirring, until it will not run in the pan or till it begins to set, then roll carefully and turn out on a hot dish, sprinkle freely with powdered sugar, pour round the sides half a glass of rum, set it on fire and with a spoon pour the burning liquid over the omelet as long as it will blaze, then serve.

### Kirsch Omelet.

*(Omelette au Kirsch.)*

Proceed the same as for rum omelet, but use Kirschwasser in place of the rum.

## Ginger Omelet.

*(Omelette au Gingembre.)*

Beat up four eggs, add half ounce of castor sugar, the grated rind of half a lemon, and a grating of nutmeg. Turn into an omelet pan, containing three-quarters of an ounce of butter. Stir over a quick fire till it sets, then shape and let the omelet take colour. Have ready a table-spoonful of chopped preserved ginger mixed with two table-spoonfuls of syrup and a table-spoonful of cream; put in the centre of the omelet, roll, turn out on a heated dish, then pour a little ginger syrup round the base of the omelet, and serve hot.

## Sweet Omelet.

*(Omelette Sucrée.)*

Beat up five fresh eggs, add a tiny pinch of salt and a table-spoonful of castor sugar. Melt in an omelet pan three-quarters of an ounce of fresh butter, when hot pour in the beaten eggs and stir over a quick fire till they commence to thicken and set; then shape quickly into an oval cushion-like form by folding in the ends. Allow the omelet to acquire a golden brown colour, turn out on to a hot dish, dredge over with castor or icing sugar and brown under a salamander or mark with a red-hot skewer.

## Jam Omelet.

*(Omelette au Confiture.)*

Proceed the same as for sweet omelet as directed in the foregoing recipe; just before folding in the sides of the omelet, put in two table-spoonfuls of fruit jam, previously heated; then roll it into shape and turn



out on a hot dish. Dredge with sugar and brown under a salamander.

## Omelet with Jelly.

*(Omelette à la Gelée.)*

Prepare a sweet omelet and have ready some red currant jelly just heated up. Before beginning to roll the omelet into shape, spread it with the jelly, then shape as directed. Dish up, sprinkle over with castor sugar, and mark the top with a red-hot skewer like lattice work. Pour a little jelly at the base of the omelet and serve.

## Marmalade Omelet.

Proceed the same as directed in the preceding recipe, using apricot or orange marmalade in place of red currant jelly.

## Omelette Robespierre.

Prepare a plain sweet omelet in the usual way, using six to eight eggs, adding pinch of salt, a tablespoonful of castor sugar, a tablespoonful of cream, and  $1\frac{1}{2}$  ozs. of butter. When made, fill the centre with a salpicon composed of fresh or preserved fruit, preferably the former, such as ripe cherries (stoned and halved), apricots (stoned and cut up small), and strawberries cut in quarters or slices. Mix with a very small quantity of syrup of maraschino to flavour. Turn out the omelet on to an oblong dish, sprinkle over the top with castor or icing sugar, then with a red hot iron mark the surface into lattice-work or other fancy design. Pour a little liqueur-flavoured fruit syrup round the base of the dish, and serve quickly.

## Peach Omelet.

(*Omelette aux Pêches.*)

Cut six preserved peaches into quarters or dice shape, and heat up in a little syrup, flavoured with a dessert-spoonful of maraschino or Kirsch. Meanwhile make a sweet omelet, as directed on p. 117, adding a table-spoonful of cream before beating the eggs. Prior to folding or rolling the omelet, put in the prepared peaches, then shape and turn on to a hot dish. Dredge with sugar, glaze, and serve.

## Omelette Mousseline.

Separate the yolks from four fresh eggs, stir them in a basin, adding a good pinch of salt, and incorporate by degrees half a gill of rich cream. Season with white pepper and a grate of nutmeg. Whisk the whites of three eggs to a stiff froth and add this carefully with the above.

Melt an ounce of fresh butter in an omelet pan, when hot pour in the egg mixture and stir with a small whisk over a bright fire till the butter is absorbed and the eggs begin to set. Shape it nicely by folding in the ends, and let the omelet acquire a golden colour. Turn it out on a hot dish, and send to table.

## Puffed or Soufflé Omelet.

(*Omelette Soufflée.*)

Separate the yolks from six eggs and cream them with three ounces of castor sugar; then add a dessert-spoonful of Brown and Polson's cornflour, half a tea-spoonful of vanilla essence. Whisk till quite firm the whites of four eggs, adding

a pinch of salt before beginning to whisk, and incorporate the froth to the above mixture. The object of whisking the whites, as well as the creaming of the yolks of eggs, is of vital importance, for when properly done the mixture will rise to perfection whilst it is cooked.

Have ready a buttered gratin or soufflé dish, either in fireproof china or silver-plated. Pour in half the mixture and spread a little strawberry, apricot or raspberry jam in the centre. Spread the remainder of the mixture on top, smooth over with the blade of a knife, dredge with castor or icing sugar and make a few incisions with the point of a knife, so as to form a pretty design. Bake in a fairly hot oven from twenty to twenty-five minutes. Place the dish on a folded napkin or lace paper, and send to table immediately.

### Omelette en Surprise.

Prepare a pint of rich vanilla cream ice, and get ready an omelet soufflé mixture as directed in the preceding recipe. Cut out a border shape of Genoese pastry, besprinkle it with a little fruit syrup, and place it on a round or oval dish (fixed with white of egg or batter). Put the ice in the centre of the dish and spread over the omelet mixture as quickly as possible so as to cover the ice completely, shape neatly with the blade of a pallet knife, dredge with castor sugar and bake in a quick oven just long enough to brown the top, then send to table quickly.

The success of this omelet depends on the speed of manipulation, baking and serving. If liked, a little brandy, rum or Kirsch may be poured round the base of



the dish, which must be lighted just before serving, the effect, if properly carried out, is quite a surprise.

## Frosted Omelet.

(*Omelette Meringuée.*)

Whisk the white of an egg to a stiff froth and sweeten with half an ounce of vanilla sugar. Prepare a jam omelet as directed on p.117. As soon as it is dished up, cover the top with the whisked whites of egg, spread it over smoothly and dredge with sugar, then bake in a quick oven or brown under a salamander, and serve.

## Friar's Omelet.

Peel, core and slice four sour cooking apples, cook them with a little sugar to a pulp, flavour with half a teaspoonful of ground cinnamon, and stir in half an ounce of fresh butter. Beat up five fresh eggs, whisk the whites, add to it respectively the apple purée and two table-spoonfuls of brown breadcrumbs. Butter a fireproof baking or soufflé dish, pour in the mixture. Dredge the top with castor sugar and bake in moderately heated oven from twenty to twenty-five minutes. Serve in the dish in which the omelet is cooked.

## Orange Puff Omelet.

(*Omelette Soufflée à l'Orange.*)

Separate the yolks from three eggs and cream them with an ounce of castor sugar, add the juice of an orange and the stiffly-whisked whites of three eggs, to which a pinch of salt should be added. Melt three-quarters of an ounce of butter in an ome-



let pan, when hot pour in the egg mixture, and allow to cook whilst stirring for two or three minutes, then let it take colour and by means of a pallet knife carefully turn it over so as to brown the other side. Slit the omelet in the centre and insert two table-spoonfuls of orange compôte, that is slices of orange stewed in syrup, or failing this use orange marmalade. Fold over carefully, dredge with sugar, and serve.

## SWEET EGG DISHES.

### Fried Egg Croûtes (Sweet).

*(Plain Perdu.)*

Cut some milk rolls into neat slices, dip each in sweetened milk, and then in beaten egg. Drop the slices into hot clarified butter, and fry a golden brown. Take up, drain the slices or croûtes, dredge with castor sugar mixed with a little ground cinnamon, then dish up and serve hot.

### Snow Eggs à la Vanille.

Put a pint of milk, a gill of cream, and two ounces of loaf sugar and vanilla pod in a sauté-pan and boil up. Whisk the whites of four fresh eggs to a stiff froth and sweeten slightly. When the milk, cream, etc., is boiling drop it into the whites of egg, previously shaped with a tablespoon (the shape of quenelles); dip the spoon into boiling water each time it is used, and poach only a few at a time. Turn the shapes as they are being poached. Each quenelle will take about six minutes to cook. When done take up and drain, range them nicely in a hot dish. Pour a little custard over and round the quenelles, and serve. Use vanilla pod if possible, as it gives a better flavour than the essence.

### Snow Eggs au Citron.

Proceed the same as directed in the foregoing recipe, omit the vanilla and add a thin strip of lemon rind to the milk. Chop or grate the rind of half a lemon and mix with the whisked whites of eggs. Shape and poach in sweetened milk as directed.

## FOR INVALIDS AND CONVALESCENTS.

### Egg Bouillon.

Put two yolks of eggs into a small basin, beat up a little, add a tiny grate of nutmeg and pour in slowly three-quarters of a pint of boiling hot seasoned beef stock or broth. Serve it in cups and scatter a little chopped parsley or chopped chives on top.

### Savoury Egg Custard.

Mix two table-spoonfuls of Lemco with half a gill of hot water, beat up four yolks of eggs and add to the above. Boil up a gill of milk and stir it with the eggs, etc. Season with pepper and salt, and strain into a buttered mould or basin. Place this in a stew-pan containing a little hot water, cover with buttered paper, and cook in a hot oven for about twenty minutes. When done turn out on a hot dish or plate and serve.

### Egg Jelly.

Put an ounce of gelatine in a stew-pan with the juice of two lemons and about half a pint of water (to make one pint of liquid); to this add the finely cut rind of half a lemon and four ounces of loaf sugar. Stir over a slow fire, and when the gelatine is dissolved add two eggs, well beaten,

allow it to get hot whilst stirring, but not boiling, then strain into a pint mould and place in the cool to set. To serve, immerse the mould in warm water for a few moments and turn out on a cold dish.

### Frosted Egg.

Beat up on a plate the white of a new-laid egg till stiff; add to it a tiny pinch of salt before or after beating it, and flavour with a few drops of lemon juice. Pile it on a clean plate or saucer, dredge over with castor sugar, and serve.

### Egg Coffee.

Beat up the yolk of an egg in a cup and pour in slowly two parts of boiling milk and one part of freshly-made coffee. Sweeten to taste or serve without sugar as desired.

### Egg Tea.

Cream the yolk of an egg with a dessert-spoonful of castor sugar and add to it the stiffly whisked white of an egg; pour on half a breakfast cupful of boiling milk and a little freshly made tea, just enough to flavour. Strain into a smaller cup, put a suspicion of grated nutmeg on top, and serve.

### Egg Wine.

Beat up a new-laid egg, add to it a dessert-spoonful of castor sugar and a small glass of sherry or marsala; then pour over slowly half a pint of boiling water. Stir over the fire to bind the egg, but do not let it boil. Strain into a cup, and serve.



## Steamed Eggs.

This is considered the most digestible way of cooking eggs. Place the required number of new-laid eggs in a warm basin, large enough to hold the eggs and water to well cover them. Pour over boiling water (the usual proportion being one gill to each egg). Allow the basin to stand on the side of the stove or in the oven for six or eight minutes. They are then ready for serving.

## Coddled Eggs.

Proceed the same as directed in the foregoing recipe, eggs cooked in this way being frequently known as "coddled."

## Egg Phillip.

Beat up with a fork a new-laid egg, add to it a table-spoonful of brandy or rum, sweeten with one dessert-spoonful of castor sugar. Stir and serve in a small cup or glass. This makes an excellent stimulant and restorative drink.

## Egg Nog (Cold).

Whisk the white of a new-laid egg, when stiff add a table-spoonful of castor sugar. Mix the yolk with a table-spoonful of iced water and three of milk, flavour with a small glass of sherry or marsala. Pour this into a tumbler or cup, then add the whisked white of egg. Stir gently and serve.

## Egg Nog (Hot).

Boil up half a pint of milk, and pour it, whilst stirring, into a beaten yolk of

egg, and add a table-spoonful of castor sugar. Reheat, but do not let it boil; put in a table-spoonful of old brandy, rum, or whisky, and serve very hot.

### Egg Water.

Stir lightly with a fork the whites of two new-laid eggs into half a pint of iced water. Sweeten to taste with castor sugar, then serve.

This is said to be an excellent remedy for diarrhœa, and is also good for children teething.

### Egg Flip.

Stir the yolk of a new-laid egg with a dessert-spoonful of castor sugar till creamy, add a table-spoonful of brandy or two of sherry. To this add two table-spoonfuls of boiling water, and lastly the whisked-up white of the egg. Serve in a cup or tumbler.

### Paprika Sauce.

This is made by adding sufficient red Hungarian pepper to good white sauce (Allemande or Veloutée) to colour and flavour same.

## SUNDRY RECIPES.

### Egg Sauce.

Shell and chop not too finely one hard-boiled egg. Make a sauce by melting one and a half ounces of butter in a saucepan, blend in it one ounce of flour and stir in half a pint of white stock and half a pint of hot milk ; allow it to boil whilst stirring, and cook for about ten minutes. Strain the sauce, put in the chopped egg, and keep hot till required for serving.

### Egg Nouilles.

Sift half a pound of flour and add two yolks of eggs, a pinch of salt, and a table-spoonful of oiled butter, and work into a stiff but smooth dough. After being well kneaded roll out the paste and cut it into six portions. Fold the rolled out pieces longways and cut crossways into narrow strips, loosen the strips and boil in salted water, dress and place in a stew-pan with one ounce of butter, one ounce of grated Gruyère cheese, and two table-spoonfuls of *béchamel sauce* (p. 129), and season with pepper and grated nutmeg. Stir over the fire until thoroughly hot, dish up, sprinkle the top with freshly fried breadcrumbs, and serve.

### Mayonnaise Sauce.

Put two yolks of eggs into a clean and dry basin, add a heaped-up saltspoonful of salt, and stir with a wooden spoon,

adding little by little (drop by drop) one and a half gills of best salad oil, and at intervals a tablespoonful of French vinegar (Orleans). Continue to stir vigorously till the mixture acquires a creamy substance, then add another table-spoonful of vinegar, a teaspoonful of mixed mustard, and lastly a few drops of chilli vinegar, and use as directed.

### Hollandaise Sauce.

Take two yolks of eggs, half a gill of béchamel sauce, one ounce of butter, one teaspoonful of French wine vinegar, salt and pepper.

Heat up the sauce in a small saucepan, stir in the yolks of eggs, stand the saucepan in a pan of boiling water over the fire and whisk until nearly boiling; add the butter in small quantities, also the vinegar. Season to taste, and whisk until the sauce has the consistency of a light cream. This sauce is excellent with boiled fish, asparagus, cauliflower, artichokes, etc.

*Note.*—When a still richer sauce is required omit the béchamel and use more egg yolks and more butter.

### Béchamel Sauce.

Melt one ounce of butter in a small stew-pan, stir in one ounce of flour (bare weight), and cook for a few minutes without browning, then add half a sliced carrot, half a small onion stuck with a clove, half a bay leaf, and a small blade of mace, and dilute with one gill of good white stock and half a pint of milk. Stir till it boils and let simmer gently for about twenty minutes to half an hour. Strain the sauce and season to taste.



## Tomato Sauce.

Slice three or four small ripe tomatoes and fry them in a small stew-pan with two ounces of raw ham or bacon cut into dice and one ounce of butter. Next add a few slices of carrot, onion, and very little celery, a small bay leaf and a blade of mace. Then add half a pint of brown sauce or béchamel, also a few mushroom trimmings if handy, and cook gently for twenty minutes or longer, adding a little stock, if found too thick. Reheat it, remove the scum, strain the sauce, and season to taste.

## Brown Sauce.

Take half a pint of brown stock, one small onion, one carrot, one ripe tomato, one ounce of butter or dripping, one ounce of flour, one dessert-spoonful of mushroom ketchup, one teaspoonful of vinegar, salt and pepper.

Peel and chop the onion, scrape and slice the carrot, and slice the tomato. Melt the butter or dripping in a saucepan ; when hot add the flour and fry a little, then add the vegetables. Stir over the fire until nicely browned, then add the tomato, the vinegar, ketchup, and stock, stir until it boils, skim well, and allow to simmer for about half an hour. Strain and season to taste.

## Curry Sauce

Peel and slice a small onion, scrape and slice a small carrot, fry both together in half an ounce of butter ; when the onion has acquired a light brown colour, add one table-spoonful of mild curry powder and stir for a few seconds. Next add a small

peeled and chopped apple, moisten with half a gill of tomato pulp and a gill of brown sauce. Allow to boil for a few minutes. Season to taste, and pass it through a fine strainer. Reheat and stir in last of all a finely chopped gherkin.

### Suprême Sauce.

Melt an ounce and a half of butter in a stew-pan; stir in an ounce of flour and allow it to fry a little without browning. Add gradually a pint of chicken stock, stir until it boils, and allow to simmer for fifteen minutes. Add one gill of cream, a teaspoonful of lemon juice, a pinch of salt, and a pinch of grated nutmeg, and cook gently. Pass through a tammy cloth, return to a clean stew-pan, and whisk in half an ounce of fresh butter.

### Aspic or Savoury Jelly.

Get ready the following ingredients:—Two ounces of gelatine, one bay leaf, half a leek, half a carrot sliced, a quart of white stock or water, ten peppercorns, one table-spoonful of French wine vinegar, one table-spoonful of tarragon vinegar, the thin rind and juice of half a lemon, and the white and shell of one egg.

Put all the ingredients in a stew-pan, add a good pinch of salt and the white and shell, previously beaten, and whisk into the stew-pan; bring the contents slowly to the boil, whisking all the time, and boil slowly for about ten minutes; allow to stand for ten minutes and strain twice or three times through a cloth or jelly bag.

Butler & Tanner, Frome and London.













